

Ground rules for club members

Rules for gymnasts:

- I arrive to training on time and I have the correct equipment with me.
- I follow the rules of the club and my own team.
- I respect the gymnasts and coaches of both my own and other clubs.
- I don't bully or discriminate against anyone. I intervene if I notice inappropriate behavior around me. I'll always talk to an adult if inappropriate behavior occurs.
- I represent the club and my team when I am in training and competition situations and in my free time — especially when I'm clothed in the club's uniform.

Rules for caretakers:

- I commit to the club's values and ground rules.
- I make sure that my gymnast is registered for the day's training on Suomisport and is on time for practice.
- I inform the coach about possible lateness for practice.
- I make sure that the gymnast has the right training and competition outfits and equipment when moving into the next season.
- I don't compare gymnasts to others or teams to each other. I know that everyone develops at their own pace.
- I cheer everyone equally during the competitions and respect the judges and officials, as well as the other competitors.
- I support the gymnast's athletic lifestyle: I offer sufficient and versatile nutrition, I take care of sufficient rest and the total amount of exercise.
- I take care of the gymnast's costs on time and I contact the club's office on payment matters.