



NEWPORT CALISTHENICS CLUB INC.
PO Box 4247 Hoppers Crossing VIC 3029
ABN 31 611 750 385

Newport Calisthenics Club Members & Parent / Guardian Codes of Conduct

Calisthenics Victoria and all affiliated Clubs are covered by Australian Calisthenics Federation National Member Protection Policy (MPP). This policy includes codes of behaviours for all persons involved in the sport of calisthenics: members, parents, coaches and administrators. A copy of this policy can be found on the NCC Website.

Calisthenics promotes teamwork, sportsmanship, co-operation, professional conduct, positive behaviours and relationships. As such below is a summary of expected behaviours for our members/pupils, our parents/guardians, families and friends. Please refer to the Australian Calisthenics Federation National MPP for all expectations of codes of behaviour and conduct.

EXPECTED BEHAVIOURS

A Code of Conduct is described as a set of statements set out by a Club and considered to be an acceptable standard of behaviour and conduct. These codes provide a guide and basis of expectation on how Newport Calisthenics Club expects its coaching team, committee, members and parents/guardians to behave.

Members

- Be an active team member and represent the club with pride.
- Attend all classes, additional practises and required team events (competitions, concerts, photo day etc.).
- Contact the Coach or Team Manager if you are unable to attend class or competitions.
- Wear appropriate clothing to class/practice (see information provided in this booklet).
- Wear hair up (in a bun, ponytail or similar).
- Bring all necessary equipment to class each week (such as rod, club, aesthetic skirt, drink bottle, any required medication)
- Care and respect the equipment provided to you.
- Arrive early to class and begin stretching/warming up.
- Practise at home regularly.
- Show respect to teammates, coaches and the club at all times, including on social media
- Listen to your coach's instructions.
- Notify your coach of any injuries as they occur.

- Keep costumes in good order and report any damage or loss immediately.
- Wear appropriate club uniform (polo, jacket, black pants & black shoes) when representing the club at competitions and other events.
- Be a good sport and treat other participants as you would like to be treated.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Follow the rules, policies and guidelines of NCC, ACF and Calisthenics Victoria.
- Remain with the club and give 100% to practises and competitions during the calisthenics season.
- If you wish to leave NCC or calisthenics, do so after the competition season out of respect for your coaches and teammates.

Parents/Guardian's/Families

- Familiarise yourself with all the information contained in this handbook.
- Let the coach do the coaching.
- Assist and support your child to meet their responsibilities as outlined in this handbook
- Focus on the effort, performance and development of your child.
- Ensure your child is present at class, practises, competitions and concerts on time, in the correct uniform/costume and with all the correct equipment.
- Notify the coach or Team Manager as soon as possible if your child can not attend and scheduled lessons, practises, rehearsals, concerts, competitions or camps.
- Parents/Guardians are not to remain in the practice room unless asked to by the coach
- Children are to be collected from the hall and may not walk alone to the car park after class.
- Encourage your child to practise at home regularly.
- Ensure your fees are paid on time.
- Ensure all required costumes for your child are completed within the stipulated time frame.
- Keep costumes in good order and report any damage or loss immediately.
- Encourage your child to stay with the club and give 100% until the end of the calisthenics season, out of respect for the coaches and teammates
- Model respectful, positive behaviour to your children - in person, on the phone and on social media.
- Address other team Members, Coaches, Team Manager or Committee in an appropriate manner if any issues arise.
- Treat your child the same irrespective of them winning or losing.
- Remember that your child participates in the sport of Calisthenics for their enjoyment.
- Look relaxed, calm and positive at class and at competitions.
- Be there when your child performs poorly and be an understanding listener rather than a critic, judge and/or fixer.
- Communicate with your child and ask them how they are really feeling about their Calisthenics and about competing.

- Emphasise the good things your child did in preparing for and during competition.
- Follow the NCC Grievance process for guidance.
- Adhere to all Calisthenics Victoria, ACF and NCC rules, policies and guidelines.

Consequences for Breaches of Expected Behaviours and Code of Conduct

Failure by Members, Coaches, Assistant Coaches, Cadets, and/or Parent/Guardian to follow the above guidelines for Code of Conduct will not be tolerated. Newport Calisthenics Club Incorporated and the Executive Committee of the Club reserve the right to discipline any person who is in breach, in a manner that is deemed appropriate and fair.

Breaches may result in the following:

- Verbal or written warnings.
- Suspension from the team/club for a specified period.
- Removal of Coach, Assistant Coach, Cadet, or member permanently from the Team/Club.
- Reporting the behaviour to an appropriate external organisation such as Calisthenics Victoria, ACF, or governing bodies as seen fit.

I,

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(Print Member's Name)

(Member's Section at NCC)

I have received / have access to: a hard and/or digital copy of the Newport Calisthenics Club Members Handbook and Code of Conduct..

I have received / have access to: a hard and/or digital copy of the ACF Member Protection Policy.

I understand it is my responsibility to familiarise myself with these documents.

I agree to abide by the terms within the documents.

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(Member's Signature)

(Date)

Both the Member's and parent/guardian to sign except:

Where a Member is under 11 years of age only a Parent's signature is required

Where a Member is over 18 years of age only a Member's signature is required.

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(Parents/Guardian Signature)

(Date)

Please sign both copies and return one copy to your Section's Team Manager and the other is to remain in your possession.