

Plympton Halifax Calisthenics Club (PHCC)

Code of Conduct

Developed January 2023

Our Club is devoted to creating a positive calisthenics experience for all members including Competitors, Coaches, Caregivers, and Committee Members. It is also important for the reputation of our club that all Members conduct themselves in a way that positively promotes our Club to others.

Competitors

As a **competitor** of PHCC, I agree that I will:

- Participate to the best of my ability in all lessons and competitions.
- Be on-time and attend all weekly and extra practices.
- Be upfront with my Coach about any illness or injury that might impact my ability to practise or perform.
- Respect the use of facilities and equipment provided both where I practise and at competition venues.
- Show good sportsmanship both at lesson and during competitions.
- Be respectful and kind to all regardless of age, gender, ability, cultural background, or religion.
- Be respectful and kind to other calisthenics officials, adjudicators, coaches, and competitors outside of our club.
- Respect and protect the privacy of myself and all Club members when using social media.
- Cooperate with others both at lesson and during competitions.
- Always consider the safety and wellbeing of myself and others before performance and results.
- Respect the adjudicators decisions even if I disagree.
- Respect and follow the rules set out by the Australian Calisthenics Federation (ACF) and the Calisthenics Association of South Australia (CASA) shown here. [LINK](#)

As a **competitor** of PHCC, I agree that I will not:

- Act inappropriately including the use of offensive language, swearing and other gestures.
- Act inappropriately by drinking alcohol, smoking or vaping whilst in the presence of younger competitors or club members.
- Act in a way that abuses, provokes, or harasses others on my own or by ganging up with others.
- Make negative comments or statements in public (including private and public social media channels) about my teammates, Coaches or Club members, as well as members of the wider calisthenics' community.
- Use social media to offend, intimidate, humiliate or bully another person at the club or any club associated with CASA or the ACF.
- Post misleading or false information on social media.
- Put myself, teammates, coaches, or other members of the club at risk of any danger while at lesson or competitions.
- Conduct any illegal behaviour at lesson or during competitions.

Caregivers

As a **caregiver** of a PHCC competitor, I will:

- Ensure my child arrives to lesson and competitions on time and is well-prepared.
- Be respectful and kind to all regardless of age, gender, ability, cultural background, or religion.
- Be respectful and kind to other calisthenics officials, adjudicators, coaches, and competitors outside of our club.
- Respect the decisions of the Coaches and if providing feedback do so in a constructive way.
- Respect the use of facilities and equipment provided both where my child practises and at competition venues.
- Understand and encourage the belief within my child that calisthenics is designed to be fun and participating for enjoyment and wellbeing should always come before performance and results.
- Respect and protect the privacy of all Club members when using social media.
- Understand that most Club communication is done via Facebook. It is therefore my responsibility to ensure I join the Member's private team Facebook group.

As a **caregiver** of a PHCC competitor, I will not:

- Act inappropriately including the use of offensive language, swearing and other gestures.
- Act inappropriately by drinking alcohol, smoking or vaping whilst in the presence of younger competitors or club members.
- Act in a way that abuses, provokes, or harasses others on my own or by ganging up with others.
- Make negative comments or statements in public (including private and public social media channels) about competitors, coaches or club members, as well as members of the wider calisthenics' community.
- Use social media to offend, intimidate, humiliate or bully another person at the club or at any club associated with CASA or the ACF.
- Post misleading or false information on social media.
- Put myself, competitors, coaches, or other members of the club at any risk of any danger while at lesson or competitions.
- Conduct any illegal behaviour at lesson or during competitions.

Consequences for breach of the Code of Conduct

The Principal Coach, in consultation with the Team Coach, has the right to address and act on any breach of this Code of Conduct based on what they believe to be appropriate and fair. A breach of this Code of Conduct may result in the following consequences:

- Verbal warning
- Written warning
- Removal from the team
- Removal from the club

By Registering, I agree to this Code of Conduct. I confirm that I understand each statement and its terms.