



Code of Conduct for Gymnasts and Parents/Guardians

Addendum for Special Circumstances Arising from Covid-19

Renmore Gymnastics recognises the important role that young people play in our organisation. Every young gymnast should be encouraged to realise that they also have responsibilities to treat others with fairness and respect.

In Addition to the Code of Conduct for Gymnasts training during normal circumstances we would like to highlight the following responsibilities for athletes training under special circumstances:

- Gymnasts must respect the health and welfare of other members and staff and only attend training if they or the members of their household are in full health and have not been in close contact with anyone who is sick before entering the training facility
- Gymnasts will follow good hygiene as per national guidelines in cleaning hands before, during and after training
- Gymnasts will not congregate in unspecified groups and follow coach instruction and facility markings for apparatus separation and social distancing.
- Gymnasts must bring their own supplies to training (i.e. bottle of water) and not share or engage in close contact with another member or member of staff.
- Gymnasts must abide by national guidelines in accordance with the Government Roadmap in their behaviour outside the gym.
- Gymnasts must agree to abstain from attending training for the appropriate recommended time for self-isolating in accordance with government guidelines for:
 - Travel Abroad
 - if they either develop a fever/cough or other key symptoms
 - Come into close contact with someone experiencing symptoms or a confirmed case of Covid-19.

To see the original code please follow this link:

<https://renmoregymnastics.org/wp-content/uploads/2015/03/code-of-conduct-for-gymnasts.pdf>



Gymnasts are encouraged to accept responsibility for their own behaviour and performance in training, in competition and in their social life. In some abnormal situations, such as the Covid-19 pandemic, Gymnasts may need extra help abiding by the Code of Conduct from their parents/guardians. As members of RGC we would ask that all families keep themselves informed on and practice the current national advice.

To see the original code for Parents/Guardians please follow this link:
<https://renmoregymnastics.org/wp-content/uploads/2015/03/code-of-conduct-for-parents-and-guardians.pdf>

Gymnasts (parents/guardians) must practice self-screening prior to attending training as per HSE advice.

Current guidelines indicate that it can take up to 14 days for symptoms of coronavirus (COVID-19) to appear. They can be similar to the symptoms of [cold](#) and [flu](#).

Common symptoms of coronavirus include:

- [a fever \(high temperature - 38 degrees Celsius or above\) – temperature must be checked](#)
- [a cough](#) - this can be any kind of cough, not just dry
- [shortness of breath](#) or breathing difficulties

If you have any of these symptoms, you should behave as if you have the virus and [self-isolate](#) for 14 days. People in your household will need to [restrict their movements](#).

You may also need to be tested for coronavirus, you will need to ring your GP for advice.

Consideration must be given to the following:

1. Have you been in contact with a case of COVID-19?
2. Have you been contacted by a member of public health about a recent case of COVID-19?

In order to accept a space for the Summer 2020 term all members must accept the terms and conditions on the Parent Portal which are inclusive of this addendum.