

TGS CrossFit

Chilton Polden, Bridgwater, Somerset
www.goatshedfitness.com

Children's Class Behaviour & Conduct Policy

Purpose

TGS CrossFit is committed to providing a safe, welcoming and enjoyable environment where all children can participate, learn and develop confidence through fitness. This policy sets out the standards of behaviour expected from all children attending TGS CrossFit classes and the actions that may be taken if behaviour falls below these expectations.

Our Expectations

- Treat coaches, staff and other participants with respect.
- Listen to and follow coach instructions.
- Use equipment safely and only as directed.
- Be supportive and encouraging towards others.
- Behave in a manner that helps create a positive environment.
- Take responsibility for their own actions.
- Respect the gym, equipment and facilities.
- Arrive ready to participate and give their best effort.

Unacceptable Behaviour

- Bullying, intimidation or harassment.
- Physical aggression towards others.
- Deliberately unsafe behaviour.
- Misuse or damage of equipment.
- Disruptive behaviour that prevents others from participating.
- Inappropriate language.
- Refusal to follow reasonable instructions from coaches.
- Behaviour that places themselves or others at risk.

Promoting Positive Behaviour

Coaches will set clear expectations, lead by example, encourage effort, teamwork and respect, recognise positive behaviour and address concerns fairly and consistently.

Managing Behaviour Concerns

Stage 1 - Verbal Reminder

The child will be reminded of the expected behaviour and given an opportunity to correct it.

Stage 2 - Time Out from Activity

If the behaviour continues, the child may be asked to sit out of an activity for a short period while remaining under supervision.

Stage 3 - Parent/Guardian Informed

Where behaviour continues or becomes more serious, the parent or guardian may be informed and asked to support improvement.

Stage 4 - Temporary Suspension from Classes

In rare circumstances where behaviour presents a significant risk to the safety or wellbeing of others, TGS CrossFit reserves the right to temporarily suspend participation while the matter is reviewed.

Bullying

TGS CrossFit has a zero-tolerance approach to bullying. Any concerns relating to bullying will be taken seriously and addressed appropriately. Children are encouraged to speak to a coach, parent or guardian if they are worried about bullying or inappropriate behaviour.

Health and Safety

Children must follow all safety instructions provided by coaches, report any injury, illness or concern immediately, use equipment only when instructed and remain within designated training areas unless given permission by a coach. Failure to follow safety instructions may result in immediate removal from the activity.

Parents and Guardians

Parents and guardians are expected to support the aims of this policy, encourage respectful behaviour, ensure children arrive and are collected on time and inform TGS CrossFit of any relevant information that may affect participation.

Review

This policy will be reviewed and updated as necessary to reflect changes in legislation, safeguarding guidance, operational requirements, or the activities delivered by TGS CrossFit.

Last Reviewed: _____

Reviewed By: _____

Next Review Due: As Required