



## LEAWARRA CALISTHENIC CLUB INC

REG NO.: A0024915T ABN: 24 835 399 006

Po Box 2292 Seaford 3198 EMAIL: [leawarracc@live.com.au](mailto:leawarracc@live.com.au)

### Code of Conduct for Leawarra Calisthenic Club – Over 18 Member and Volunteer Members

At Leawarra Calisthenic Club, we are committed to making participation in calisthenics as much fun for everyone as possible. We believe that participation fosters social, emotional, personal and physical development in our team members. In return, we do have expectations of all our participants and their families.

**Our Code of Conduct** is designed to be a reminder of these commitments and we ask that you read and understand that any breach of this policy may initiate any of the following courses of action from Committee and/or the Coach:

- Notification of the incident
- A verbal warning
- A written warning
- Restriction or suspension of access to the club, i.e. training sessions etc.
- Expulsion from the club, regardless of monies paid in the form of fees etc.

#### My club

- I understand that those involved in running the club are all volunteers.
- I am aware that there are significant activities that I need to volunteer to help with during my child's involvement in a calisthenics year, including but not limited to the club's major fundraising event – Mt Eliza Solo Competition.
- I understand that costumes and props need to be made, and where I can, I will readily volunteer my help with these.
- I understand that the club is run by volunteers and at times may be asked to assist in the upkeep of the club's facilities.

#### Myself

- I will always listen and follow the coaching team's instructions and always show respect to my teammates.
- I will never ridicule any participant for making a mistake. In fact I will do my best to reassure and encourage them.
- I will always accept decisions of an Adjudicator, CVI, Club Officials and Coaching Team.
- I will always display control, respect and professionalism to all involved with calisthenics, including competitors, coaches, officials, administrators, team representatives, parents and other spectators, volunteers and committee members.
- I will refrain from making negative comments about other clubs, competitors, coaches, officials, administrators, team representative's, parents and other spectators.
- I will encourage any other supporters that attend competitions with me to always display control, respect and professionalism and refrain from making negative comments.
- I will support all efforts to remove verbal and physical abuse from calisthenics.



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### My team

- I understand I am part of a team and therefore my behaviour during class, at competitions and any communication I have between teammates and club members inside or outside of class should be appropriate and not negative in any way.
- I understand that any incidents of bullying or negative behaviour will be dealt with as listed on this Code of Conduct policy.
- I will focus on my own performance, not those of my teammates or the final result.

### Social Media Guidelines

Leawarra Calisthenic Club recognises the importance for our families, participants and coaches to participate in online applications such as social networking sites, wikis, blogs, micro blogs, video and audio sharing sites, and message boards that allow people to easily publish, share, discuss and communicate ideas and information.

It is important, however, to acknowledge the public and potentially permanent nature of these online interactions, and recognise that the indirect form and anonymity of online communication may sometimes lead to inappropriate acts of harassment, including cyber bullying. The following guidelines have been provided to support Leawarra members using social media.

Please also refer to our Communications and Social Media Policy.

### Think About Yourself, your Friends and your TEAMMATES

- Consider what you say before you say it – it may be on the web for a long time and could reach a very large audience – this includes direct messages and group chats.
- Be polite, respectful and use appropriate language.
- Take full responsibility for the effect that your actions and words may have on others
- Do not post information about yourself or another member of the Leawarra community that is private or personal - this includes passwords, phone numbers and addresses.
- Do not upload any images or films of yourself or other Leawarra members on public websites unless you have written permission.
- Do not forward on information, pictures, films or web links that contains inappropriate or hurtful material about members of the Leawarra community

### Think About Leawarra

- Use extreme care when posting information online that identifies yourself as a Leawarra person; being mindful to not post any information that reflects adversely on Leawarra or any members of the Leawarra community.
- Sending messages to people or posting information that could damage Leawarra's image or reputation is prohibited and any breach of this will result in appropriate consequences.

### Think About our Society

- Be mindful of the type of fan-pages, groups and networks you sign up to. You should not sign up to gossip/fan pages that are hateful, racist, obscene and hurtful or contain material that is inappropriate.
- Be aware of the legal, social and civic implications of your online behaviour.



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### Gossip will damage culture faster than anything else. Talk TO people; NOT about them

Five differences between gossip and venting	<b>Different purposes;</b> <b>Gossip</b> spreads information regardless of whether the information is true or not, involves another person or issue that has nothing to do with you. <b>Venting</b> focuses on expressing your feelings about a situation. If a person has made you upset or angry, venting provides a space where you can release your emotions. You can also get insight and support about the obstacle you are facing. <b>Venting</b> allows you to eventually move on from the issue.	<b>Different motives;</b> <b>Gossip</b> can be used as a bullying tactic. A person may spread lies and rumours about someone else to hurt, isolate, betray and embarrass them. <b>Gossip</b> comes from the desire to be nosy. <b>Venting</b> is done to express frustration about an issue. It's used as an emotional outlet for personal feelings. While <b>venting</b> , you talk about a person, but it doesn't involve their personal affairs - only the issue that concerns you personally.	<b>Different feeling;</b> When you <b>gossip</b> , you may feel an underlying guilt because you know that you should do something else more productive and positive. <b>Gossip</b> almost always leaves a bad taste in your mouth. <b>Venting</b> feels good because it allows you to express your feelings. You feel relieved to tell someone about the issue. It is healing to receive support from another person.	<b>Different outcomes;</b> <b>Gossiping</b> creates more problems, especially when you're spreading false information. On top of that, a person might feel hurt, embarrassed, or betrayed that you were spreading information about their personal affairs. When you <b>vent</b> , you might find clarity on a certain issue. <b>Venting</b> can help you figure out how to handle the issue, such as confronting a friend about a problem and lead to a solution.
Tips to stop gossip	Ignore it It's up to you to not listen or repeat what you hear	Correct it If you know it's false, then provide the correct information	Speak up Just tell the gossipers to stop	Report it Sometimes you need to get help

### Commitment to Child Safety

All children who are a part of the Club have a right to feel and be safe. The welfare of the children in our care will always be our first priority and the Club has a zero tolerance to child abuse. The Club aims to create a child safe and child friendly environment where children feel safe and have fun and the Club's activities are always carried out in the best interests of All children who are a part of the Club have a right to feel and be safe. The welfare of the children in our care will always be our first priority and the Club has a zero tolerance to child abuse. The Club aims to create a child safe and child friendly environment where children feel safe and have fun and the Club's activities are always carried out in the best interests of the children.

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