



Anti-Bullying Policy

Trilogy Gymnastics

1. Policy Statement

Trilogy Gymnastics is committed to providing a safe, positive, and inclusive environment for all gymnasts, coaches, staff, volunteers, and families. Bullying of any kind is unacceptable in gymnastics and will not be tolerated. Every participant has the right to train and compete in an atmosphere of respect, dignity, and encouragement.

2. Purpose

The purpose of this policy is to:

Prevent bullying in all gymnastics-related activities

Promote respectful behavior and positive relationships

Provide clear procedures for reporting and responding to bullying

Ensure the physical and emotional well-being of all participants

3. Scope

This policy applies to all individuals involved in Trilogy Gymnastics, including:

Gymnasts

Coaches and assistant coaches

Staff and volunteers

Parents and guardians

It covers all activities associated with the club, including:

Training sessions

Competitions and events

Travel to and from events

Online or digital communication related to the club (social media, messaging, etc.)

4. Definition of Bullying

Bullying is repeated, intentional behavior that causes physical, emotional, or psychological harm and involves an imbalance of power. Bullying may be carried out by an individual or group.

Bullying can include, but is not limited to:

a) Physical Bullying

Hitting, pushing, tripping, or damaging personal property

b) Verbal Bullying

Name-calling, teasing, mocking

Insults related to ability, appearance, body type, or performance

Threats or intimidation

c) Emotional / Social Bullying

Exclusion or isolation

Spreading rumors or gossip

Public humiliation or embarrassment

d) Cyberbullying

Harassing messages, posts, or comments online

Sharing images or videos without consent

Negative or abusive behavior through social media or messaging platforms

5. Expected Behavior

All members of Trilogy Gymnastics are expected to:

Treat others with respect and kindness

Encourage teammates and celebrate effort and improvement

Follow instructions from coaches and staff

Speak up or seek help if bullying is witnessed or experienced

6. Reporting Bullying

Any individual who experiences or witnesses bullying is encouraged to report it as soon as possible. Reports can be made to:

A coach

The head coach or program director

Club management or safeguarding officer

Reports will be taken seriously and handled confidentially to the extent possible.

7. Response and Consequences

All reports of bullying will be investigated promptly and fairly. Appropriate action will be taken depending on the severity and circumstances, which may include:

Verbal warning and education

Mediation or conflict resolution

Temporary suspension from training or competition

Permanent removal from the program (in severe or repeated cases)

Parents or guardians will be informed when appropriate.

8. Support for Affected Individuals

Trilogy Gymnastics is committed to supporting individuals affected by bullying. This may include:

Emotional support and reassurance

Adjustments to training groups if necessary

Ongoing monitoring to ensure the behavior does not continue

9. Policy Review

This policy will be reviewed regularly to ensure it remains effective and aligned with best practices in athlete welfare and safeguarding.