



Discipline Policy

Trilogy Gymnastics

1. Purpose

Trilogy Gymnastics is committed to providing a safe, respectful, and positive environment for all gymnasts. This policy outlines how behavioural expectations are managed and how disciplinary matters are addressed in a fair, consistent, and developmentally appropriate manner.

2. Scope

This policy applies to:

All gymnasts (recreational and competitive)

Training sessions, competitions, events, camps, and excursions

Behaviour towards coaches, staff, volunteers, officials, and other gymnasts

3. Guiding Principles

Discipline at Trilogy Gymnastics Club will:

Be focused on education, guidance, and positive behaviour

Be age-appropriate and proportionate

Respect the dignity and wellbeing of the athlete

Never involve physical punishment, humiliation, or intimidation

Align with Child Safe Standards and club Codes of Conduct

4. Expected Behaviour

Gymnasts are expected to:

Follow coach instructions promptly

Treat others with respect and courtesy

Use equipment safely and appropriately

Demonstrate good sportsmanship

Follow club rules and policies

5. Unacceptable Behaviour

Unacceptable behaviour includes, but is not limited to:

Bullying, harassment, or discrimination

Unsafe or reckless behaviour

Disruptive behaviour that impacts training

Defiance or repeated refusal to follow instructions

Damage to property

Inappropriate language or conduct

6. Disciplinary Process

The club uses a progressive approach to discipline where appropriate.

Step 1: Verbal Reminder

Calm, clear reminder of expectations

Opportunity for the gymnast to adjust behaviour

Step 2: Warning and Time-Out

Behaviour discussed with the gymnast

Short, supervised time-out if required

Step 3: Parent/Guardian Notification

Parent/guardian informed of ongoing or serious behaviour concerns

Behaviour expectations clarified

Step 4: Modified Participation or Suspension

Temporary removal from an activity or session

Short-term suspension may be applied for serious or repeated behaviour

Step 5: Termination of Enrolment

In cases of serious misconduct or ongoing breaches

Managed by club management and in line with procedural fairness

The club may skip steps for serious safety-related incidents.

7. Serious Misconduct

Serious misconduct may include:

Physical violence

Threatening behaviour

Serious breaches of child safety

Illegal activity

Such matters may result in immediate suspension and referral to external authorities or governing bodies.

8. Parent/Guardian Responsibilities

Parents and guardians are expected to:

Support the club's discipline approach

Reinforce behaviour expectations at home

Communicate respectfully with coaches and staff

9. Record Keeping

Significant disciplinary incidents will be documented

Records will be stored securely and confidentially

10. Appeals

Parents/guardians may request a review of disciplinary decisions in writing. Appeals will be considered by club management and handled in accordance with natural justice principles.

11. Policy Review

This policy will be reviewed annually or as required due to:

Legislative changes

Child safety standards

Club operational needs

