

GYMNAST'S MOBILE PHONE POLICY

At Acrobay Gymnastics Trust our priority is to create a focused, safe and respectful training environment for all gymnasts.

Policy Statement

Acrobay Gymnastics Trust is fully committed to safeguarding the wellbeing of all children and young people in our care. To help maintain a safe and focused training environment we have a strict no phone use policy for gymnasts in the gym unless management/coach have authorized their use in specific circumstances. This policy ensures that training sessions remain distraction-free and that everyone can fully engage in their gymnastics.

What we will do

Use of Mobile phones in the gym

Coaches will monitor and ensure that:-

- No mobile phones are to be used inside the gym during training sessions without coaches approval.
- Mobile phones are not permitted during break time.
- Phones must be switched off or on silent and kept in bags at all times while in the gym.
- If a gymnast needs to contact a parent or guardian, they must ask a coach for permission to use their phone in a designated area.
- Parents who need to reach their child during training should contact their personal coach.
- Phone MUST NOT be taken into the toilets and changing areas

Photography and Recording

- For safeguarding reasons, taking photos or recording videos in the gym is strictly prohibited.
- Any gymnast found using their phone to take pictures or record videos in the gym may given an official warning.

Social Media and Respect

- Gymnasts should not use mobile phones in a way that distracts others from training or impacts team spirit.
- Negative or inappropriate posts about the club, coaches, or teammates on social media or any other communication channel will not be tolerated.

Exceptions

- If a gymnast requires their phone for medical reasons (e.g., diabetes monitoring), they should inform their coach, and arrangements will be made.

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- Coaches approval for specific needs (e.g. exam filming, learning choreography or courses) but safeguarding rules still apply.

What you can do

- Ensure your child is aware of this policy
- Encourage your child to speak and share any concerns with a coach, safeguarding officer or an adult they trust.

Raising a concern:-

- Any concerns should be raised with a coach or contact the Safeguarding Officers on safeguarding@acrobay.co.uk for advice or support.
- Any more serious allegations should be made in writing using the Incident/Complaints/Poor Practice form and must contain specific details and might have to be referred to Scottish Gymnastics Ethics Welfare and Conduct Manager
- Matters will be dealt with confidentiality and only those who need to know will be informed

Conclusion

This policy is in place to ensure a professional and focused training environment. Gymnasts who fail to follow these rules may be asked to leave their phones with a parent or at reception during training. Thank you for helping us create a positive and distraction-free gym space!

Policy Awareness and Acceptance

By agreeing on Thrive4, I confirm that I accept and will abide by this policy.

I will always follow this agreement and I know that if I don't follow it, Acrobay Gymnastics Trust might need to take action.

(Please ensure you update your details on Thrive4)