

# Cambridge University Trampoline Club

## Member Code of Conduct

### Introduction

Cambridge University Trampoline Club (CUTC) is an adult club, fully committed to safeguarding and promoting the wellbeing of all its members to ensure a positive and enjoyable experience.

All those involved in CUTC activities, whether they are involved as participants, coaches, officials or spectators, are therefore required to adhere to the standards of safety and behaviour – set out within this Code of Conduct - and to support the mission of the Club. This Code of Conduct has been developed to ensure the highest possible standards of safety and sportsmanship, as well as promoting fairness, honesty and positive behaviour in relation to the conduct of all those representing the Club.

### Our Commitment

The Club respects the rights, dignity and worth of every person involved in its activities. The Club is committed to team members enjoying trampoline gymnastics in an environment free from discrimination, intimidation, harassment and abuse. The Club believes that it is the responsibility of all of its members to challenge discriminatory behaviour and promote equality of opportunity.

### Affiliations

CUTC is governed by its Club Constitution, which is registered with the University Sports Service. This Code of Conduct is in addition to, and by no means replaces, the standards set by the Club, the student's individual college and the overarching Sports Service regulations. CUTC is also affiliated to, and insured by, British Gymnastics, and also abides by their regulations and policies.

### Standards of Safety

Trampoline gymnastics can be very dangerous and lead to serious injury or death if appropriate safety rules and procedures are not adhered to. All members must adhere to the safety rules listed below, as well as those detailed in the British Gymnastics Codes of Practice. The Head Coach, or in his or her absence, the highest qualified coach at the session, has overall responsibility for the health and safety of that session, and will make final calls on judgements of safety or procedure. All coaches and members are subject to the following:

- Members must never attempt skills or links beyond their current capability unless under the support and instruction of a suitably qualified coach.
- Members must not attempt to coach new skills to other members.
- Coaches should only advise on the initiation of a new skill, or instruct or support an existing skill, if it is within their qualification to do so, or if they are under the supervision of a suitably qualified coach.
- 'Matting' may only be delivered by trained members and coaches.
- Permission must be sought before skills of a higher difficulty than the level of the highest qualified coach in the room are attempted, and sufficient evidence that the performer is fully competent at that skill must be provided before the coach gives such permission. They will not be able to provide coaching and retain the right to request the move is not performed.
- Use of the rig should only be carried out under the direct instruction of a suitably qualified coach.
- Any injuries or conditions must be declared on signing up and notified to the coaches at the start of every session. You may not be permitted to train if your injury or condition is warranted as being unsafe by the session coaches.

- Members must always ‘spot’ for one another, taking care to cover the full area. A side of the trampoline must never be exposed without at least one member watching the performer on the trampoline.
  - Standing by the side is insufficient; members must be watching and focused on the performers.
- Floor matting is extremely valuable and should be kept clear as a potential crash landing area. As such, mobile phones, water bottles, and any other solid objects must be placed clear of the matted areas. Participants must also never sit or lie down on the mats whilst the trampoline is in use.
- Only water is permitted in training sessions, and all liquids and foods must be consumed and located far from the matted or trampoline areas.
- Only one person may use the trampoline at a time. Double bouncing is not permitted without the supervision and approval of a Level 3 or above coach.
- Participants must never stand or sit on the end of the frame or the end deck for any length of time. Objects (e.g. phones, glasses, jewellery) must also never be placed on end decks. This area is designated as a potential crash area only.
- Trampolines must only be erected and dismantled by qualified coaches. If you are trained by a coach to do this, you may do so only under the supervision of a qualified coach.
- Suitable footwear must be worn at all times during setup and pack-down.
- Footwear must never be worn on the trampoline or matting.
- When setting up, mats should be assembled tightly together, covering the full surround (including to the end of the end decks) of the trampoline.
- Bleeding has the potential to cause huge replacement expense and/or cleaning effort. Any cuts or wounds with the potential to bleed onto the trampoline or mats must be vigilantly sealed up.
- In the instance of an injury, adjacent trampolines must cease to be in use immediately, and the trampoline bed with the injured party must not be walked across. In the case of a spinal injury, doing so could cause severe further injury.
- Never walk under or between trampolines. Moving between beds whilst they are in use is also prohibited due to the risk of collision.

### Standards of Behaviour

Members of CUTC are solely responsible for their conduct when representing the Team and the Club.

Members must:

- Arrive on time for setup, as published on the club calendar, and help with pack-down procedures;
- Register themselves at every session;
- Respect the rights, dignity and values of others;
- Operate within the rules of the sport;
- Treat facilities, staff and students at the University of Cambridge and other institutions with respect and abide by any rules that may apply;
- Be aware of how their actions may be perceived by others;
- Maintain high standards of personal behaviour at all times;
- Conduct themselves in a reasonable manner relating to offensive language and temperament;
- Refrain from any form of bullying, harassment, or discrimination of others. Discrimination is any course of offensive or unfair conduct based on a person’s race, sex, gender identity, national origin, colour, disability, age, sexual orientation, marital status, religion or any other status protected by law;

- Respect the decisions of coaches and officials, making all appeals through the appropriate formal process and respecting the final decision;
- Not condone, or allow to go unchallenged, any form of bullying, harassment or discrimination if witnessed;
- Refrain from the use of and involvement with illegal substances at all times;
- Not act in an unlawful manner;
- Not encourage or pressure others into acting against the code;
- Understand the repercussions of any breaches of this Code of Conduct.

## Attire

All members are expected to wear appropriate clothing when bouncing.

- Comfortable sports clothing (without any zips or sharp accessories) must be worn.
- Socks or trampoline shoes must always be worn, and they must not have any rubber grips on the sole.
- Jeans, non-sporting trousers, and hooded tops are not permitted.
- Shorts and a T-shirt are recommended.
- Clothing not designated for sporting use, or any clothing deemed unsafe to wear (as decided by a coach or member of the Executive Committee), may also be prohibited.
- Competition attire may also be worn.

All jewellery and body piercings must be removed. The session coaches will make a final judgement call on the safety of any concessions below.

### Jewellery that cannot be removed

Should this be the case, rings and piercings must be sufficiently covered with protective tape. If an item can be removed, it must be removed.

### Religious and medical jewellery

Safety is paramount and any jewellery that is considered by the coach to be a safety hazard should be changed or participation may be prohibited. Any concessions on religious or medical jewellery must be within the bounds of reasonable safety.

NB: a sweatband may be used to cover up an item of jewellery when doing vigorous activity and taped if there is a risk of it slipping.

## Anti-Doping

Members of the Club must adhere to the requirements of the World Anti-Doping Agency (WADA) and UKAD codes. Please note that Team Members could potentially be subject to random testing during competitions, particularly those at competing at national-level and above. Players caught with banned substances in their system will be subject to disciplinary proceedings.

## Publications, Internet and Social Media

CUTC wishes to promote the club positively both within the University and externally. It recognises that its publications, online, print and social media are important tools in recruiting new members and engaging with alumni and potential sponsors. It is the responsibility of all CUTC members to manage their personal social media presence responsibly. As such, all members are responsible for ensuring that they:

- Refrain from publishing negative comments about other clubs, players or officials and any controversial or potentially inflammatory subjects.
- Avoid hostile or harassing communications in any posts or other online communications.
- Identify all copyrighted or borrowed material with citations and links. When publishing direct paraphrased quotes, thoughts, ideas, photos or videos, give credit to the original publisher or author.
- Review responses to online posts and resolve any concerns before they are posted.

### Social Events

Social functions form an important part of a club's activities. CUTC is committed to ensuring that all students and members are able and encouraged to participate in student activities in an atmosphere free from discrimination or fear. As such, CUTC will aim to organise a range of social events that are as inclusive as possible. Members should be aware that:

- Participation in any form of initiation or social activity is completely optional.
- They must not force others to participate in initiations and/or other social and sporting events run by the Club and can opt-out without fear of undue pressure, reprisal or any other form of discrimination at any point.

### Breaches of the Code of Conduct

Should a serious breach of the Code of Conduct be identified, the Executive Committee may suspend a member from the Club and Club activities pending further investigation per the procedure outlined in the Club Constitution. If the excluded or suspended member wishes to appeal the decision, the constitutional procedure should also be followed.

### Welfare

CUTC takes the welfare of its members seriously. Any member of the Club that has any concerns regarding their welfare or those of others involved in Club activities can discuss these, in confidence, with the Club Welfare Officer. Members must also abide by all Child Protection policies and procedures (where applicable), and work to promote best practice amongst each other.

Welfare Officer:	Barry Bryce	<a href="mailto:barrybryce@gmail.com">barrybryce@gmail.com</a>
Student Welfare Officer:	Lucy Vendittelli	<a href="mailto:lucy.vendittelli@hotmail.com">lucy.vendittelli@hotmail.com</a>