

Performance Pathway Environments

Welsh Gymnastics are committed to providing safe, positive and quality experiences that enable individuals to excel on the world stage and achieve personal aspirations within and beyond the sport.

What this will look like in a performance pathway environment;

- You will receive appropriate information (in plenty of time where possible) with regards to your Welsh Gymnastics training/competitions.
- Coaches will arrive early and be ready for the session when you arrive.
- Coaches in the environment will do their best to ensure that they create an environment that helps athletes feel encouraged, valued and motivated.
- Coaches and others in the environment will look after your safety and wellbeing. There will also be a Safeguarding and Wellbeing Officer within the performance pathway environments.
- Coaches will maintain open communication (provide feedback, listen to concerns, and offer guidance).
- Coaches will work with you to set goals.
- Coaches will treat all athletes fairly.

Athlete Performance Pledge

1. **Respect for others:** Treat all teammates, coaches, support staff, and competitors with respect and dignity. Help to maintain an environment of inclusivity and mutual support. Always display good sportsmanship, regardless of the outcome of a competition. Show respect for your opponents, congratulate them on their achievements, and accept victory and defeat with grace.
2. **Commitment to excellence:** Dedicate yourself to continuous improvement and strive for excellence in both training and competition. Push yourself outside of your comfort zone. Maintain a positive attitude and a strong work ethic, setting a high standard for yourself and inspiring others to do the same. Use your time effectively in the gym.
3. **Role model:** Be a role model, always conduct yourself in a professional manner, both in training, in public appearances and on social media. Represent yourself, your team, and your sport with dignity and pride. Try to be the best version of yourself and have a positive influence on those around you.

4. **Maintaining focus:** Stay focused on your goals and objectives, avoiding distractions that may hinder your performance. During training sessions do not use your mobile phones other than during breaks. Ask for permission prior to filming in the gym environment.
5. **Continuous learning:** Display curiosity and open-mindedness, seek opportunities for learning and growth both within gymnastics and in other areas of life. Be receptive to feedback from coaches, teammates, and support staff, and use it as a tool for improvement. Communicate appropriately within the feedback process.
6. **Ready to go:** Do everything in your control to improve readiness, including sleep, recovery, nutrition, preparation. Arrive on time, with the correct equipment, physically and mentally ready to train. You should not expose any body parts inappropriately or wear clothing that can be overly revealing.
7. **Teamwork and collaboration:** Embrace teamwork and collaboration, recognise that success is often achieved through collective effort. Support and encourage your teammates, communicate effectively, and contribute positively to the team dynamic.
8. **Show gratitude:** A simple 'thank you' goes a long way. Express appreciation to Welsh Gymnastics, your coaches, parents and support staff.
9. **Mindset and attitude:** Adopt and embrace a growth mindset. You are willing to fail and don't give up when things get hard. Consistently committing to the programme every day.
10. **Accountability:** Take accountability for own actions and refrain from blaming others. Understand that your actions and effort will be reflected in the outcome and progress made. Be open and honest with reporting injuries.
11. **Welsh identity:** Wear Welsh Gymnastics kit to training/competitions. Embrace the Welsh language and culture.

Signed:

Date:

By signing this pledge, you commit to fostering a positive and supportive performance environment, both in and out of the gym. Your contribution will help create an atmosphere of success for yourself and others. In instances where this commitment is not upheld, we will follow our outlined 3-step system to address and resolve the situation.

Step 1 – Verbal reminder.

Step 2 – Written reminder.

Step 3 – Temporary suspension and return to training plan.

Steps can be bypassed in the event of a serious breach.