



## Mobile Phone Policy

Version	Date	Action
1	December 2025	New Policy

## **Gymnast Mobile Phone Policy**

### **Introduction**

At Penketh Gymnastics Club, our priority is to create a focused, safe, and respectful training environment for all gymnasts. To maintain this, from 1<sup>st</sup> January 2026 we will have a strict no phone use policy in the gym unless management have authorised their use in specific circumstances. This policy ensures that training sessions remain distraction-free and that everyone can fully engage in their gymnastics.

### **Use of Mobile Phones in the Gym**

- No mobile phones are to be used inside the gym without management approval.
- 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 who will use the club phone to contact parents on their behalf. Please ensure contact details are up to date on Join In.
- Parents who need to reach their child during training should contact the club emergency phone line – **07345 244 525** – It may not always be possible for coaches to answer the phone during sessions so **text messages are preferred**. Messages will be passed on as needed.

### **Photography and Recording**

- For safeguarding reasons, taking photos or recording videos in the gym by gymnasts is strictly prohibited.
- Any gymnast found using their phone to take pictures or record videos in the gym may face disciplinary action.

### **Social Media and Respect**

- Negative or inappropriate posts about the club, coaches, or teammates on social media will not be tolerated.
- Negative or inappropriate messages shared in group threads about the club, coaches, or teammates 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.
- Management approval for specific needs (e.g., exam filming or courses) but must follow British Gymnastics Photography Policy considering all safeguarding rules around content production.

### **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!