



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 1st 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!