

Responsibility in gymnastics

#voimistelu #urheillaan ihmisiksi
#vastuullisuus #valmennuskulttuuri
#responsibility #coachingculture
#coachingexpertise #changingsportsculture
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Responsibility in gymnastics means that

- everyone involved in gymnastics enjoys a safe and positive environment that supports learning and offers the sense of achievement and success and shared experiences.
- The goal of the responsibility work in gymnastics is to ensure high-quality activities that are realised in a socially responsible manner.

Responsibility in gymnastics

- Responsibility is based on the values of gymnastics (responsibility, excellence, respect, togetherness)
- All those involved in gymnastics undertake to comply with the **ethical guidelines – the ethical principles of gymnastics** that pertain to all gymnastics activities
- Responsibility must also be taken into account on the club level, in the administration, organisation of events, jury operations and day-to-day guidance and coaching.

Safe operating environment

In gymnastics, everyone's right to mental, social and physical safety is taken into account. Our operations and training and competition conditions must be safe. Having clear procedures and dealing with any issues, combined with a positive atmosphere, create a safe environment. In addition to being safe, our operating environment promotes health and encourages a healthy lifestyle.

Gymnasts' rights

- Gymnasts must not be hurt in any way. Gymnasts must never be treated in an indifferent or abusive manner.
- Gymnasts must not be punished in a cruel manner.
- Gymnasts may not bully or harm others in any way and no one must be discriminated against.
- Gymnasts have the right to rest, play and enjoy leisure.
- Gymnasts have the right to express their opinions and to have their own views. While gymnasts must always respect the views and principles of others, coaches must always explain the grounds for their decisions in a clear manner.
- Gymnasts must look after their surroundings and keep them tidy to the best of their ability.

Tools in responsibility work

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Vastuullisuus voimistelussa

Eettiset periaatteet



Gymnastics club offers

- Tools for good administration
- Children's rights in gymnastics
- Links to the 'Et ole yksin' (You're not alone) and ILMO services
- Safety skills
- Instructions for the SOPU model
- Equality plan
- Anti-doping instructions

What is the 'Et ole yksin' (You're not alone) service?



The goal of the service is to prevent and reduce bullying and experiences related to sexual harassment and violence in sports.

The service offers help and support to anyone who has encountered inappropriate conduct or sexual or any other kind of violence in sports.

Inappropriate conduct may for example be related to bullying or the use of intoxicating substances.

The service can be contacted anonymously.

Who is the 'Et ole yksin' (You're not alone) service intended for?

- For children and adolescents under the age of 18 and adults who are involved in sports
- For parents or guardians of children or adolescents who do or have done sports
- For people who have quit sports: children, adolescents and adults
- For sports club officials
- For professionals working with young people

What is the ILMO service?



Everyone has the right to report any suspicion of misdemeanours related to doping, competition manipulation or crowd safety or any other unethical conduct in sports.

By intervening in any wrong-doing, you can help protect athletes and sports and secure fair and safe conditions for all athletes.

Via the ILMO service, you can report any suspicious conduct by an athlete or other person involved in sports.

SOPU activities

- SOPU = model for reconciliation and mediation
- The goal is to find the courage to intervene in bullying, get rid of the atmosphere of fear and reduce bullying.