PARENTS/CARERS

WHAT DO I NEED TO KNOW?

Safeguarding Policy

HYDRATION

We all have a responsibility to support safe hydration practices in gymnastics. Here's what you need to know as a parents/carers:

1 Remember to encourage your child to bring their water bottle with them to their gymnastics session.

2 If your child needs to go to the toilet when they arrive for their gymnastics activity or session, encourage them to go before this starts.

3 Your child will have regular opportunities throughout their gymnastics session or activity for them to drink however much they feel comfortable to.

4 If your child needs the toilet during the session, they can ask a coach and they'll make sure your child can go as soon as possible.

5 Appropriate supervision will be put in place by clubs to ensure gymnasts are not denied access to fluids or the toilet throughout gymnastics sessions.

6 If your child has any additional needs around water or toilet access/supervision, remember to inform the club or coach so they can ensure this is optimal for your child.

7 If there is something you are unsure about or there is anything that you have seen or experienced that has made you feel uncomfortable, raise this with someone at the club such as a coach, club manager, or club welfare officer. British Gymnastics is also here to help you. For more infomation scan here

SAFE & FAIR SPORT

British Gymnastics | English Gymnastics | Gymnastics Northern Ireland | Scottish Gymnastics | Welsh Gymnastics Gymnasteg Cymru