PARENTS/CARERS WHAT DO I NEED TO KNOW?

Safeguarding Policy

FLEXIBILITY TRAINING

1 Flexibility training is an important part of gymnastics. Increasing flexibility can help your child perform many skills and reduce their risk of injury.

2 Always remember that your child can stop or say no to flexibility training at any point.

3 Flexibility training should never go beyond mild discomfort.

4 There are lots of different methods that can be used during flexibility training. It is always your child's choice which method of flexibility training they would like to use.

5 What are the different types of flexibility training methods used in gymnastics?

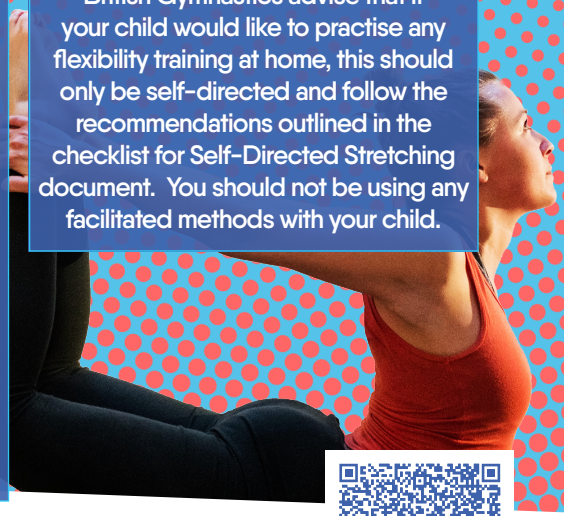
- Your child stretching themselves using their own body weight or strength, they might also use equipment to help them do this.

  Coaches might help your child get into the right position for different stretches, by talking to them or helping them manually. This is important, so they learn the correct shapes and don't injure themselves.

- There might be times when your coach thinks they or another gymnast can help stretch your child – your child's coach MUST talk to you (if your child is under 16 or person at risk) and your child before using these flexibility training methods so they can make sure you are both happy with this. Remember it is always you and your child's choice, and you and/or your child can say no to this at any time.

- You and your child can request an adjustment to the flexibility training methods used at any point without fear of consequence or discrimination. Remember this should always be what is best for your child.

6 Coaches receive training on safe practices related to flexibility training. British Gymnastics advise that if your child would like to practise any flexibility training at home, this should only be self-directed and follow the recommendations outlined in the checklist for Self-Directed Stretching document. You should not be using any facilitated methods with your child.



If you are unsure about something or feel uncomfortable about anything you have seen, experienced or implemented, speak to someone you feel comfortable with such as a welfare officer, coach, another parent/carer, or friend, so they can help you. British Gymnastics is also here to help you for more information scan here.

SAFE & FAIR SPORT

British Gymnastics · English Gymnastics · Gymnastics Northern Ireland · Scottish Gymnastics · Welsh Gymnastics / Gymnasteg Cymru