PARENTS/CARERS

WHAT DO I NEED TO KNOW?

Safeguarding Policy

TRAINING + HOLISTIC DEVELOPMENT

1 Clubs and coaches should regularly collaborate with you and your child around training plans and requirements for training goals and/or competition whilst ensuring the holistic development of your child is prioritised.

2 Talk to your child and their coach regularly to make sure the amount of training is right for your child and their goals, inside and outside of gymnastics. Use the 'How do I know what the right amount of training is?' infographic in the Safeguarding Policy: Training & Holistic Development to help with any decision-making.

3 Doing more training will not always equate to better performances or guarantee that your child will reach an elite level. However, your child will need to do a certain amount of training to reach their goals.

4 If your child has any signs or symptoms of overtraining or burnout, talk to their coach and seek advice from appropriately qualified practitioners (GP, Sports Doctor, Physiotherapist, Nutritionist, Psychologist etc).
(See infographic in the Safeguarding Policy: Training & Holistic Development)

5 It is yours and your child's choice as to whether they attend a training session, and this must be respected. However, there might be times where your child will need to attend training regularly and consistently in order to safely achieve their goals or attend a competition. A coach may modify a routine or withdraw your child from a competition if they do not believe it is safe for them to compete.

6 As a minimum your child should have at least one day off a week from structured gymnastics training.

7 No part of gymnastics training should ever be used as punishment

If you are unsure about something or feel uncomfortable about anything you have seen, experienced or has been 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