PARENTS/CARERS

WHAT DO I NEED TO KNOW?

Safeguarding Policy

PAIN, INJURY + ILLNESS

1 Your child's mental and emotional health is just as important as their physical health in gymnastics.

2 Make sure you or your child tells the club/coach if they are experiencing any pain, injury, or illness, if you or your child thinks it will affect their participation in gymnastics, or they have received any medical advice. This will help the coach adapt any gymnastics activity. You should be included in any decision making if you are a parent/carer of a person under 16 or a person at risk.

3 The club and coach must always respect you or your child's report of any pain, injury, or illness – they have a duty of care to minimise any risk to your child's health.

4 Encourage your child to be honest and to never hide their pain, injury, or illness – the club and coach will change any gymnastics activities to minimise any risk to your child's health.

5 If you, your child, or the coach thinks your child cannot take part in gymnastics activity or perform specific skills because of any pain, injury, or illness, this must be respected by everyone.

6 You must always be informed of any pain, injury, or illness that has impacted your child's participation in gymnastics or will impact their daily life or future participation in gymnastics. This will be at the earliest and most appropriate time.

7 If there is any doubt concerning your child's pain, injury or illness, clubs and coaches should advise you and your child to seek medical advice from appropriately qualified practitioners.

8 You should be involved in regular discussions and decision making about your child's ongoing pain, injury, or illness concerns or when they are returning to training after some time away from gymnastics.

9 No one should ever treat your child unfairly, make them do things they are not comfortable with or make them feel bad about themselves if they have any pain, injury, or illness.

If you are unsure about something or feel uncomfortable about anything you have seen or experienced, speak to someone you feel comfortable with such as a friend, another parent/carer, coach, or welfare officer 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