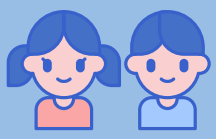
Safeguarding Policy:
WEIGHING GYMNASTS
Key policy points for
parents/carers

1 It is always your child's choice whether they are weighed for gymnastics purposes. Their decision must always be respected and acted upon. Your child and you as the parents/carers (in the case of minors) must not be coerced to give consent for weighing. You and your child have the right to refuse or withdraw consent at any time without any consequence.

2 Your child must be over the age of 10 to be weighed in a gymnastics setting. The only two reasons a gymnast can be weighed in a gymnastics setting is for growth or maturation purposes, to track any growth spurts, or performance purposes such as during strength and conditioning exercises. You and your child must sign a written consent form which outlines the reason your child could be weighed.

3 Your child can choose to self-report their weight in a gymnastics setting. Other than self-reporting, only a qualified sport science or sport medicine practitioner can weigh your child in a gymnastics setting. Coaches are not permitted to weigh gymnasts.

4 Verbal consent must be gained from your child. This must happen each time they are to be weighed.



5 Your child's weight measure will always be combined with another measure. The qualified sport science or medicine practitioner must only share the data with your child. Your child can choose to share their data with you or their coach, it is always their choice. Your child should never feel pressured to do this.

6 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

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