

Pain, injury and gymnastics

Key recommendations

Any decision around pain and injury in gymnastics should have the gymnast's long-term health as a priority.



Regular discussions should take place between gymnasts and coaches about the demands of gymnastics, including soreness & pain.



Where a gymnast is legally considered a minor, parents/guardians should be:

- ① **Included** in regular discussion about soreness and pain.
- ② **Informed** of any pain or injury that the gymnast/coach believes will impact their training or daily life.
- ③ **Involved** in any decision making about training/competing with pain or injury.



Seek help from a qualified medical professional (E.g., Physio, Sports Doctor or GP) if a gymnast's pain:

- ① Is moderate or severe in nature, OR
- ② Lasts for **3** or more consecutive days, OR
- ③ Impacts on training for **3** or more consecutive days

Pain scale

| Mild | Moderate | Severe |
|-------|----------|--------|
| 1 - 3 | 4 - 6 | 7 - 10 |



Gymnast (parent/guardian), coach and medical professional should collaborate to allow the continuation of safe gymnastics.



Endeavour to create an environment where gymnasts can be open and honest about pain or injury. It is the gymnast's decision as to whether they are able or unable to train.



If in doubt as to whether a gymnast is in pain or injured, pause the activity and discuss.

Further details can be found in the British Gymnastics Pain, Injury and Gymnastics position statement