



Inclusion Support Document

Leisure Centres

All our products and programmes at British Gymnastics have been designed to be fun, engaging, and inclusive. Inclusion is a key priority for British Gymnastics; this document has been created to support Leisure Centre providers with guidance, support, resources, and answers to questions from British Gymnastics relating to inclusion.

What support can British Gymnastics provide?

At British Gymnastics we have a range of resources and support tools to help make your sessions and environments more inclusive. These resources have been created in partnership with key external stakeholders and partners and has been insight led

- Disability Guide
- Inclusion Specialists
- Continued Professional Development
- Bitesize Videos
- Inclusive gymnastics webpage
- Dedicated Support following submission of a completed support request form.

Disability Guide – The Disability guide provides a step by step guide on how to set up and establish your inclusive programmes. This can be found on the Inclusive Gymnastics webpage [here](#).

Inclusion Specialists – The Inclusion Specialists provide support from a coaching perspective to any coach or site who is wishing to either establish or develop their inclusive gymnastics programme.

Continued Professional development – British Gymnastics offers the following CPD for coaches to access-

- British Gymnastics communication videos using British Sign Language resource
- Inclusive coaching e-learning course
- Face to face Leisure Centre inclusion workshop
- Disability Add on Module (1-day course)

If you are interested in accessing the above, please contact your British Gymnastics Leisure Centre Coordinator or participation@british-gymnastics.org

Bitesize Videos – The bitesize videos provide useful tips on how you can deliver a successful inclusive programme. We have videos on the Step Model and the Activity Inclusion Model available [here](#) on our website. More videos will be available in due course.

Inclusive gymnastics webpage- This is aimed at internal and external stakeholders. It provides information on support tools, useful documents, access to links and signposts to other useful information.

Dedicated Support – Following submission of a completed support request form, British Gymnastics will be able to support the development of your programmes and sites to be more inclusive.

Frequently Asked Questions

Do Gymnastics Activity Instructors / Coaches need an additional qualification to coach participants with disabilities?

No, as a Gymnastics Activity Instructor or a coach you do not need an additional qualification to coach participants with disabilities. British Gymnastics recommend coaches attend the Disability Awareness Module which will enhance your knowledge and confidence.

If you are interested in attending a Disability Awareness Module, please contact your British Gymnastics Leisure Centre Coordinator.

We want to establish/develop Disability Gymnastics however are unsure of how to get started?

If you are interested in establishing or developing disability gymnastics within your provision, we recommend using the Disability Guide as a starting point.

The guide provides a range of information from policies and resources to making your facility more accessible and promotion. If you do not have access to the Disability Guide, please contact your British Gymnastics Leisure Centre Coordinator.

Do disabled participants require separate insurance?

No. ALL participants, disabled or non-disabled should be covered by your companies Public Liability Insurance. If you are unsure of the terms and conditions of your policy, we recommend seeking advice from the relevant people within your company or your insurance provider.

What does British Gymnastics advise in relation to specific medical conditions

British Gymnastics advises that any individual that presents with a medical condition must seek medical advice prior to participating in gymnastics, these include

- Pregnancy
- Detaching retina
- Confirmed Atlanto Axial Instability (AAI)
- Rodded back
- Brittle bones

Certain types of dwarfism may need medical approval also. British Gymnastics guidance can be found on the British Gymnastics Health and Safety: Safe participation & Safe coaching policies: You can find the policy [here](#).

Please be aware that this is not an exclusive list and that there may be other medical conditions that may contraindicate participation. Medical advice is recommended if there is uncertainty on whether a participant can safely participate in gymnastics.

Any participant with downs syndrome MUST complete Atlanto Axial Instability (AAI) Screening prior to participating in ANY gymnastics. The form can be found on the British Gymnastics website [here](#).

Got a question? / Want some support?

If you have any questions, contact your Leisure Centre Gymnastics Coordinator or,
T: 0345 129 7129

E: participation@british-gymnastics.org

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