

Disclaimer

By following any of our activities or any of our videos, you understand that physical activities, in any form, carry the risk of injury. You understand that it is your responsibility to know your physical and mental capabilities for activities you choose to do. You are responsible to ensure that, by participating in and using our activities, you will not exceed your limits or skill level. You shall select the appropriate level of activity for your skills and abilities, as well as for any mental or physical conditions or limitations you may have. From time to time, the activities may suggest physical adjustments or the use of equipment, but you shall be solely responsible to determine if any such suggested adjustment or equipment is appropriate for your level of ability or physical or mental condition.

During the lockdown period, British Gymnastics extended the insurance provided to clubs to enable some gymnastics activity to happen at home and facilitate coaches delivering conditioning sessions over platforms such as Zoom. The activities were restricted to those which are fitness, conditioning and flexibility related or related to content British Gymnastics had created or endorsed. The teaching of handstands was not included, as safe progression of this skill would be difficult to manage and risk assess virtually, placing the gymnast and coach at risk.

The celebration of Handstand Day is about gymnasts getting involved as individuals, rather than as an activity delivered or instructed by a coach or club. As such individuals take part in Handstand Day entirely at their own risk.