



Step Forward Plan

Return to training - a gymnasts' guide

Welcoming everyone back into the gym is an exciting time!

Your gymnastics sessions may be different to how they were previously, so we have prepared some information on staying safe, and what your gymnastics sessions might look like. This information will help you understand the changes at your gym, what you can expect from your coaches, and what might be expected of you. You may be feeling worried or nervous about returning to your gymnastics sessions and we want you to remember that that's ok! It is important to remember that if you do feel worried at any time, or you have a question, you can speak to your parents, one of your coaches, or the Welfare Officer or Safeguarding Officer at your gym.

Have a read through the information we have provided and why not have a chat to a parent/guardian, or one of your coaches if you have any other questions?

Staying safe

We want you to be as safe as possible during your gymnastics sessions so your coaches will be reminding you of things needed that keep everyone safe.



Washing your hands

You will need to make sure you follow instructions from your coach on washing your hands and hand sanitising throughout your gymnastics session. It is important to regularly wash your hands before, during, and after your gymnastics session to keep them clean.



What should you do if you feel unwell?

If you feel unwell before or after the session let your parent/guardian know. We know you won't want to miss a session, but it is much better to stay at home to keep you and everyone as safe as possible. If you start to feel unwell whilst taking part in a session let your coach know straight away. They may take you to a separate room whilst you wait for someone to collect you, but it is important not to worry, your coach is just trying to keep you and everyone else safe.



Social distancing

We know how hard it is going to be when you see your friends not to give them a hug, but it is important that you always keep a safe distance from other people, including your friends. Why not give them a wave instead or make up a cool new dance greeting! Your coach will remind you about keeping a safe distance and they may even set out markers on the floor to help you.



Listen to instructions

It is very important that you listen to and follow all instructions given by your coaches, such as where to put your belongings, where they would like you to stand and what equipment you can use. These instructions are to help keep you and the other gymnasts safe. If you don't understand something or have a question, don't be afraid to ask! Your coaches are there to help you and to make sure everyone stays safe whilst having fun!

My gymnastics session

It's exciting to be back in the gym but things may look and feel a bit different. Your coach will explain these changes and show you how to move around the gym.

If you are worried about anything in your session speak to your coach. Their job is to keep you safe and make sure everyone has fun!



Only bring what you need

When you come to your gymnastics session only bring with you what you need, leave anything that you don't need at home. Check with your coach what you will need for the session. It's a good idea to bring a bag so you can keep all your belongings neat and tidy. Follow instructions from your coach as they will let you know where to put your belongings whilst you take part in your session.



Group changes

Your gymnastics training group might have changed. Group sizes may now be smaller and some of your gymnastics friends might now be in another session. When in the gym it is important to remember to stay in the area that your coach has told you to. Remember to keep a look out for signs and floor markers and not to hug and high five your friends, instead use a fun wave or dance!



Getting ready for your gymnastics session

It is important that you arrive ready for your session before you enter the gym. This includes making sure you have your gymnastics clothing on as the changing rooms in your facility may not be open. Make sure you don't have too many other pieces of clothing on so you can remove them easily when it's time to start. Being ready also includes having long hair tied up so it won't get in your way and removing any jewellery. Your coach won't be able to help you with this as they might have done before.

At the end of your session remember to collect all your belongings. Your coach will direct you on how to leave the gym.



Activity & equipment

Your gymnastics and the activities you take part in may be different from when you were last in the gym. Your coaches will plan fun sessions to get you back into gymnastics.

Don't worry about not being able to do activities that you could before, it's the same for everyone. Coaches will be following the same social distancing guidelines as you so will not plan activities where they need to support. This is necessary to keep you safe and avoid injury. Some areas and equipment might be closed off. This is to keep you safe. Your coach will show you what equipment can be used, and how and when to use it.

You might be asked to complete activities at home or even asked to join in with a gymnastics activity online.



If you are worried, who can you talk to?

If you are worried about something or someone has hurt or upset you or someone you know, don't keep it to yourself, always tell someone!

There is always a dedicated person at your facility who you can talk to about anything you may be worried about; they may be called the Welfare or Safeguarding Officer. They are specially trained adults whose job it is to help. You and your parents can talk to them if you are sad or something is worrying you.

If there isn't someone you feel that you can talk to, you can call or visit:

Childline (Free) 0800 1111 www.childline.org.uk

NSPCC Helpline: 0808 800 5000 www.nspcc.org.uk

www.safetynetkids.org.uk

www.gov.uk

Working together
for a safe return
to gymnastics

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