

Weighing gymnasts

Key recommendations



If monitoring growth and development, height should always be taken alongside weight.

This should be no more than once a month.



Coaches and clubs should seek consent from parents and gymnasts.

Gymnasts and/or parents have the right to refuse at anytime.



Gymnasts have the right to keep their data private.

Tact & discretion must be prioritised when weighing a gymnast.



It is inappropriate to weigh gymnasts for performance purposes without other measures & clear rationale.



Any concerns regarding weight and/or body composition should be discussed with parents and advice should be sought out from appropriately qualified practitioners (e.g. GP's, nutritionists and physiotherapists).

Further recommendations

Coaches must educate gymnasts about the reasons for weighing.

