GYMNASTS
WHAT DO I NEED TO KNOW?

Safeguarding Policy
NUTRITION

1 Make sure you eat prior to any gymnastics activity or session and eat after any gymnastics activity or session.

2 Try to remember to bring a snack to gymnastics, especially if your session is longer than an hour.

Examples include:
- Bananas.
- Banana bread.
- Oat based bars (healthy flapjacks).
- Dried fruit (mango, sultanas, raisins, apricots etc).
- Non-dairy smoothies with all natural ingredients.
- Fruit bread/fruit buns.
- Malt loaf.

3 Some foods may be banned from a gymnastics environment if there is a risk of an allergic reaction or may cause damage to equipment.

4 You should have regular opportunities throughout your gymnastics activity or session to have a snack.

5 Anytime you need a snack during gymnastics, ask a coach and they should make sure you can have a snack as soon as possible.

6 Nobody in gymnastics should make you feel bad or punish you for the choice or the amount of food you have chosen to eat (inside or outside of gymnastics). Nobody should also tell you to skip any meals.

7 If you are concerned about your nutrition, speak to your parent/carer and get support from a GP, dietitian or nutritionist. These are the only people that can give you specific advice on your nutrition.

If you are unsure about something or feel uncomfortable about nutrition in gymnastics, speak to someone you feel comfortable with such as your parent/carer, friend, or coach, so they can help you. British Gymnastics are also here to help you, for more information scan here.

SAFE & FAIR SPORT

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