GYMNASTS
WHAT DO I NEED TO KNOW?

Safeguarding Policy
HYDRATION

We all have a responsibility to support safe hydration practices in gymnastics. Here's what you need to know as a gymnast:

1 Try and remember to bring your water bottle with you to gymnastics.

2 If you need to go to the toilet when you arrive for gymnastics, try and go before the session starts.

3 You will have regular opportunities throughout your gymnastics activity or session to drink however much you feel comfortable to.

4 Anytime you need a drink during gymnastics, ask a coach and they'll make sure you can have a drink as soon as possible.

5 Anytime you need the toilet during gymnastics ask your coach and they'll make sure you can go as soon as possible.

6 If you are unsure about something, feel uncomfortable or feel you have not had time to have a drink or go to the toilet during gymnastics, speak to someone you feel comfortable with such as your parent/carer, friend or coach, so they can help you. Welsh Gymnastics is also here to help you. For more infomation scan here

SAFE & FAIR SPORT

British Gymnastics · English Gymnastics · Gymnastics Northern Ireland · Scottish Gymnastics · Welsh Gymnastics / Gymnasteg Cymru

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