

GYMNASTS

WHAT DO I NEED TO KNOW?

Safeguarding Policy

FLEXIBILITY TRAINING



1 Flexibility training is an important part of gymnastics. It can help you do lots of skills and reduce your risk of injury.



2 Always remember that you can stop or say no to flexibility training at any point.



3 When you're doing flexibility training, it should never go beyond mild discomfort (above a 3 on the pain scale)



4 There are lots of different methods that can be used during flexibility training – It is always your choice as to which method of flexibility training you would like to use.



5 The flexibility training methods that you might use in gymnastics include:

- Stretching yourself using your own body weight, strength, or equipment – your coach might talk you through or help you get into the right position for different stretches. This is important, so you learn the correct shapes and don't injure yourself.
- There might be times when your coach thinks they or another gymnast can help to stretch you. Your coach must talk to you and your parent/carer (if you're under 16 or person at risk) before using these flexibility training methods so they can make sure you are happy with this. Remember it is always your choice and you can always say no to this at any time.



6 If you do any flexibility training at home, your coach should show you how to do any stretches safely beforehand, which you can do by yourself without another person stretching you.



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

