GYMNASTS

WHAT DO I NEED TO KNOW?

Safeguarding Policy

PAIN, INJURY + ILLNESS

1 It's important to remember that your mental and emotional health is just as important as your physical health.

2 Make sure you tell your club/coach if you are experiencing any pain, injury, or illness – or ask your parent/carer to help you do this.

3 Your club/coach must always respect and take into account any reporting of pain, injury or illness.

4 Never hide your pain, injury, or illness – your club and coach are there to look after you, so always be honest with them so they can make sure they change any gymnastics activities to help keep you safe. You should be included in any decision making.

5 If you think you can't take part in gymnastics or perform specific skills because of any pain, injury, or illness this must be respected by your parents/carers and your coach.

6 There might be times when your coach or your parent/carer thinks you shouldn't take part in gymnastics or perform specific skills because of any pain, injury, or illness – it's important that you respect their decisions as they are making sure you stay safe and healthy in gymnastics.

7 If your coach has any doubt about your pain, injury, or illness, they should advise you and your parent/carer to seek medical advice from someone like a Doctor or Physiotherapist.

8 You should be involved in regular discussions and decision making about any ongoing pain, injury, or illness concerns or when returning to training after some time away from gymnastics.

9 No one should ever treat you unfairly, make you do things you are not comfortable with or make you feel bad about yourself if you have any pain, injury, or illness.

If you are unsure about something or feel uncomfortable about anything you have seen or experienced, speak to someone you feel comfortable with such as a friend, parent/carer, coach, or welfare officer so they can help you. Welsh Gymnastics is also here to help you, for more information scan here.

SAFE & FAIR SPORT

British Gymnastics

ENGLISH GYMNASTICS

GYMNASTICS NORTHERN IRELAND

Scottish Gymnastics

Welsh Gymnastics
Gymnasteg Cymru

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