

# GYMNASTS

## WHAT DO I NEED TO KNOW?

### Safeguarding Policy

# WEIGHING GYMNASTS



**1** It is always your choice whether you are weighed. Your decision must always be respected and acted upon.



**2** You can only be weighed for gymnastics purposes if you are over the age of 10, and if there is a clear scientific reason for doing so. This could be to measure your growth or maturation, or for performance purposes for things like your strength and conditioning exercises or testing.



**3** You and your parent/carer must sign a consent form which details the reason you might be weighed.



**4** Coaches are not permitted to weigh gymnasts. You can choose to weigh yourself in a gymnastics setting. Other than this, in a gymnastics setting only a qualified sport science or sport medicine practitioner can weigh you.



**5** Even if you have chosen to be weighed previously, you can change your mind at any point. You should never feel pressured into to being weighed by anyone.



**6** Your data, your choice. Your weight data will always be combined with another measure. It is always your choice whether your weight data is shared with anyone other than the qualified sports science or medicine practitioner.



**7** 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 your parent/carer, friend, 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**