

Participant/Parent

- Be aware that many gymnastics activities may be fun but are best done with a coach in the gym and not at home. Some examples are:

Somersaults
Bridging
Deep knee bend activities
Headstands

- Ensure the gymnast is appropriately attired; this includes fitted clothing, bare feet or gym shoes. Jewellery is not to be worn in the gym.
- Dress for the conditions; be aware of the temperature at your gym and dress accordingly.
- Keep the club aware and up-to-date on current and relevant medical history.
- Regular drink breaks replenish the body's fuels and should be taken before, during and after training.
- The gymnasts must stay alert to changes in the environment e.g. mats shifting, different heights of flooring around gym, wires/chains stabilising equipment and especially other gymnasts in their area.

Respect your coaches:

Always listen carefully and act on your coach's instructions.

Use equipment only when and how instructed by the coach.



Gymnastics
Victoria



In the case of an injury:

An injured gymnast should stop immediately and have the injury managed.

Coaches may be trained in first aid but are not usually medically trained, therefore the injured gymnast should be referred to a sports medicine specialist for appropriate and specific care.

An injured gymnast should undertake a specific, supervised rehabilitation program before returning to full activity.

An injured gymnast does not need to stay away from the gym during rehabilitation. Training can continue but modified to avoid use of the injured part. Maintaining contact with coaches and friends enhances the rehabilitation process. The gymnastic environment will help an individual remain motivated and in good spirits.

For further information:

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Keeping Gymnastics Safe



Men's and Women's
Artistic Gymnastics
and General Gymnastics



Introduction to Gymnastics

Gymnastics is fundamental to movement and is recognised as the basis of all sport. Gymnastics prepares children in body movement, control, coordination, balance, landing and all dominant movement patterns. Children with this experience are demonstrably better at which ever sport they choose.

Gymnastics leads the way in club development with it's 'Club 10' program. This program ensures affiliated clubs meet minimum standards in safety and can be easily recognised by the 'Club 10' logo. The development of best practice for injury prevention and managing risks associated with gymnastics is a major part of the program.



Important information

Due to the exciting, energetic and challenging nature of gymnastics, injuries may occur, as is the case with any physical activity. Affiliated clubs and Gymnastics Victoria's commitment to Club 10 assists in reducing the risks of injury.

From time to time, there are injuries in sport and these commonly include:

Landing injuries.
Repetition injuries.

Be aware that returning to physical activity too early from injury can lead to re-injury.

The following information highlights the common responsibilities of key personnel within gymnastic activities to minimise the risk of injury to participants.

Coach Responsibilities

Legal Responsibilities:

- Provide a safe environment.
- Adequately plan activities.
- Evaluate athletes for injury and incapacity.
- Provide safe and proper equipment.
- Warn gymnasts of inherent risks of the sport.
- Closely supervise activities.
- Know first aid.
- Ensure clear, written rules for training and general conduct are followed.
- Keep adequate records.

Extract from "Update Logbook" Coach Accreditation—
Australian Sports Commission.

Other Responsibilities:

- Be appropriately qualified for the gymsport and level they are coaching and be registered with Gymnastics Australia.
- Annual updating is a required part of professional development.
- Managing the Risks of Coaching (MRC) is a compulsory online study unit. MRC focuses on safe, controlled learning environments and both reducing and managing risk.
- Ensure each gymnast participates at the appropriate level for their ability, commitment and number of training hours.
- Plan lessons beginning with a warm up to ensure the gymnast's body is prepared for the class. Strength, conditioning and flexibility to prepare for skill development. A cool down to minimise muscle tightness will end the session.
- Teach appropriate progressions for each skill and ensure that the participant has the necessary strength, conditioning and flexibility before embarking on harder skills.
- If holding a Level 2 (or above) accreditation proficiency in 'spotting' is required. Spotting is used to assist the gymnast as required, it is not to carry a gymnast through the skill.

Club Responsibilities

When a club affiliates with Gymnastics Victoria, a number of standards must be met which help ensure a safer environment is provided for gymnasts.

- Programs are planned catering for individual needs and allow participants to progress at own pace.
- Participants medical histories are on file and known to relevant club personnel.
- Ensure a current First-Aider is on site and accessible at all times.
- A list of local emergency contacts must be at hand.
- Ice is available at the gym.
- Equipment safety checks are undertaken on a regular basis.
- Club safety rules are displayed and enforced.
- Warm-up areas should be level, firm and free from obstruction.
- Matting in landing areas must be non-slip, even and without gaps.
- Appropriate distance between apparatus must be provided to cater for unintentional falls.
- All exposed wires and chains covered.
- Consideration should be given to ceiling height, floor surface, lighting and heating/ventilation.

Disclaimer: Please note this information is in no way legal advice and is provided by Gymnastics Victoria as general information only.

