

# FACT SHEET — TRAINING ATHLETES DURING CLUB SHUTDOWN



At Gymnastics Australia, we are committed to supporting coaches and athletes during this difficult time. In an environment where club programs are discontinuing and athletes are unable to come into the gym, it is important for coaches to utilise technology to deliver home-based programs to keep athletes fit, healthy and motivated.

This fact sheet provides you with information and guidance on the types of programs you can provide to athletes and the child safety requirements whilst still being covered under the National Risk Protection Program (NRPP).

## Suggested At-Home Activities:

- Stretching exercises
- Flexibility exercises
- Strength and conditioning
- Appropriate gymnastics skills

## Suggested Outdoor Activities:

- Stretching and flexibility exercises
- Strength and conditioning
- Fitness-based exercises
- Gymnastics skills

## Training Requirements:

- The program must be 'coach-led' (e.g.: online class between the coach and athlete/s or a coach developed program)
- The coach must be a current Technical Member linked to an Affiliated Club
- Athletes must have enough space to perform the activity with no obstacles (e.g. furniture)
- In all gymnastics skills-based exercises, coaches must adhere to the relevant skills matrix found in the [coach accreditation policy](#), with the following exceptions:
  - No athlete can perform a salto
  - No trampoline skills will be performed — trampoline, tumbling and double mini trampoline athletes are limited to strength and conditioning, flexibility and stretching exercises only whilst not in the gym
- Any exercises requiring specialist equipment (eg rings, vault, uneven bars, high bar, beam, horizontal bars, etc) will not be undertaken on that equipment or substitutes for that equipment in the home environment.
- Other equipment (such as mats, balls, hoops, foam blocks, etc) can be borrowed by athletes and used at home. This equipment must be regularly sanitized by the athlete/parent.
- The coach must coach within their accreditation level and skills matrix and hold a current Working with Children Check (or equivalent).
- The athlete must only perform activities within their ability level
- If training outdoors or in a park, the coach must undertake a risk assessment of the environment to ensure it is safe for both the athlete and the coach and both parties must adhere to social distancing and current social gathering rules.
- Any equipment used must be sanitised and athletes must always adhere to safe hygiene practices.
- Athletes and coaches must not touch or use outdoor exercise equipment or surfaces as this represents an infection control risk.
- Gymnastics equipment intended for indoor use (e.g. beams) cannot be taken outside and used

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## Below are some guidelines on how to set up at home:

- Check that there is enough space to practise.
- Check there are no trip/slip hazards.
- Check there are no objects to fall on or come in contact with.
- Check there are no sharp objects or hot surfaces nearby.
- Ensure there is enough lighting.
- Ensure the camera/screen and other electrical appliances, including cables, are on a levelled surface and not within the training space causing a trip hazard.
- Ensure the room has enough ventilation.
- Ensure there is access to water to keep hydrated.
- Seek medical advice prior to training if you have any existing injuries or other medical condition/s.
- Children require adult supervision whilst practising.
- Ensure all household members are aware of the training and avoid entering the space.
- Follow all child safety requirements outlined below

Always remember to reinforce safe hygiene and social distancing practices and comply with all state and federal regulations.

You can find coverage information regarding the GA National Risk Protection Program, and Marsh's contact information on their website [here](#).



## Child Safety Requirements

Gymnastics in Australia is committed to the safety, wellbeing, and empowerment of all children accessing our programs and services including indigenous children, those from culturally and linguistically diverse backgrounds and children and adults with disability.

The current situation represents a time where the health, safety and wellbeing of the children in our sport must remain our highest priority.

The following Do's and Don'ts provides you with some additional information and guidance on child safety requirements whilst delivering modified programs to athletes.

### *General*

Remember 'positive coaching techniques'

### *Coaching Delivered Online*

Where interactions are open and transparent on social media or virtual platforms these are generally accepted, however private messaging between an adult and a child is considered the same as a behind closed doors discussion and is not acceptable.

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The main principles to abide by when communicating with a child in a virtual capacity are:

Do's	Dont's
Always ensure a parent and/or other Personnel are copied into the correspondence (e.g. a group chat).	Do not communicate privately with a child on social media (e.g. direct message, internet chat rooms, snapchat, Instagram e-mail communication).
'Share' photos or posts from official gymnastics social media platforms, (e.g. club accounts) instead of posting directly from a personal account.	Do not post photographs of children on personal social media accounts.
Only use communication for professional purposes (e.g. advising a new video is available to be accessed).	Do not upload/post still/moving images or audio recordings of children without the prior authorisation of their parent or guardian.
Ensure parents have provided permission for athletes to take part in online training, and that a parent is present during the training.	Do not request children to keep the communication a secret from their parents or others.
Utilise a one-way interaction where appropriate and possible (i.e. the athletes can see you, but you can't see them).	Do not use inappropriate language when communicating with a child.
Ensure your presenting coach is over the age of 18.	Do not communicate anything that a reasonable observer could view as being of a sexual nature.

Additional e-safety resources are available on the Gymnastics Australia website [here](#).

## Coaching in Outdoor Public Places

GA encourages all clubs to review the relevant government legislation before continuing or commencing the delivery of lessons in outdoor public places. Please remember to review the Physical Contact with Children code of behaviour and avoid one-to-one unsupervised situations with children.

For further information please refer to the following resources:

- [GA Child Safe Policy](#) — Codes of Behaviour in Attachment K
- [A Guide to Child Safe Behaviours in Gymnastics](#)
- [Coronavirus Disease \(COVID-19\) Support](#)