



SAFEGUARDING POLICY: HYDRATION

Version 1.0



Version History

Version	Summary of amendments/changes	Published Date
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Contact Information

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Introduction

Everyone at IGA has a responsibility to foster a safe and positive gymnastics environment. We recognise our duty of care to safeguard the physical and psychological well-being of gymnasts.

- The mandatory guidelines regarding hydration outlined in this document are supported by the IGA Safeguarding Policy. This policy details its scope and purpose, and if you have any questions or concerns after reviewing it, please contact the Welfare and Safe Sport team at IGA.
- This document aims to establish good practices and prevent inappropriate hydration methods. Practices like restricting fluid intake or access to toilets constitute physical abuse.
- In this document, the term 'coaches' refers to coaches, assistants, and instructors involved in gymnastics activities.
- Additional support and guidelines to prevent improper practices are also included in this document. For further information, refer to the complaints procedure outlined in the IGA Complaints and Disciplinary Policy and Procedures. Clubs and coaches should also implement good hydration practices as per the Hydration Guidance for Good Practice document.



Key Responsibilities

- Clubs, coaches, and support personnel at IGA are required to adhere to the guidelines outlined in this document during gymnastics sessions to ensure the implementation of safe hydration practices.

Related Policies and Guidelines

IGA's Safeguarding Policy

IGA's Code of Conduct for Coaches & Officials and Instructors

IGA's Code of Conduct for Registered Clubs

Hydration Policy

Gymnasts at IGA should have regular opportunities to hydrate during sessions or activities, and they are encouraged to drink fluids as they see fit.

If a gymnast needs to use the restroom during a session or activity, they should be allowed to do so at the earliest opportunity.

Clubs and venues must ensure appropriate supervision to prevent gymnasts from being denied access to fluids or the restroom throughout gymnastics sessions or activities.



The Importance of Hydration:





Preventing Poor Practice

Query:

If you are uncertain or uncomfortable about something you have said, done, or witnessed during practice, it's perfectly fine to discuss it with someone you trust. This could be a coach, fellow gymnast, friend, welfare officer, parent, or club manager.

Reflect:

Pause and reflect on the situation, considering if there could have been alternative actions. Ask yourself: Would this behaviour be appropriate in a non-gymnastics context?

Seek:

If you're uncertain or need assistance, there are several resources available to help. This includes reaching out to other coaches, welfare officers, or contacting IGA at any time without it being considered an official complaint. Please note that all home nation governing bodies have a duty of care and will handle concerns appropriately when raised.

Making Mistakes:

It's perfectly normal to make mistakes! If you do, take responsibility, apologise, and use it as a learning opportunity to prevent it from recurring.

Raise:

If you feel the need to raise a concern, please reach out to your club's welfare officer. They will handle your concern appropriately.

Recommendations:

Foster a psychologically supportive environment in gymnastics by encouraging open, honest, and transparent conversations. Provide regular opportunities for feedback and promote an atmosphere where asking questions and respectful challenges are welcomed.