



Fast Track & Air Track Guidelines

Empowering Clubs, Elevating Coaches, Inspiring Gymnasts.

1.Introduction



The "Fast Track" and "Air Track" tumbling mats serve as excellent tools for teaching tumbling techniques and enhancing spatial awareness across various gymnastics skills. These training aids significantly improve a gymnast's ability to rotate around the longitudinal, transverse, and sagittal axes while also enhancing their control over body shapes during tumbling manoeuvres.

The advantages associated with using these tumbling aids include:

- **Increased Skill Repetitions:** Gymnasts can perform more repetitions of a skill before experiencing fatigue.
- **Reduced Impact:** The lower impact on the body decreases the likelihood of overuse injuries.
- **Extended Air Time:** Longer periods in the air facilitate easier skill acquisition.
- **Skill Development:** Gymnasts can learn skills ahead of their physical readiness and confidence to perform on standard competition surfaces.

2. Checking the Apparatus



Before use, ensure that:

- The equipment is assembled and installed according to the manufacturer's instructions.
- The area surrounding the apparatus is adequately covered with appropriate matting.
- Nearby apparatus, such as chains, cables, and anchor points, are properly padded.
- The springs and surrounding padding on the Fast Track are in good condition and correctly attached.
- The Air Track is fully inflated, and there are no air leaks; verify that the air compressor is correctly connected and operational.
- All obstacles near the apparatus are removed.
- The exit end or deceleration zone at the end of the track leads to a pitted area or a suitably padded landing zone.

3. Legal and Compliance Considerations



While the use of these tumbling beds can be enjoyable, inherent risks are associated with their elastic nature. To minimise incidents, adhere to the following guidelines:

- The Fast Track or Air Track should only be used under the direct supervision of a Qualified Coach, with a minimum qualification of Level 2.
- Coaches should only teach skills that are within their coaching qualifications and verified experience.
- Participants should be regularly reminded about the inherent risks and informed about safe practice guidelines.
- Acts of daring, horseplay, or roughhousing must never be allowed.
- Assess participants' readiness for new skills by considering their personal ability, mastery of prerequisite skills, physical condition, confidence, and safe progressive learning stages.
- Always be aware of the height of the Air Track from the ground, as this may pose a hazard.
- Extra caution is necessary when assisting a gymnast on these highly flexible surfaces.
- Participants should wear non-slip footwear, such as trampoline or gymnastics shoes, or non-slip socks (note: avoid nylon or silk socks as they may slide on the mat).
- Tight-fitting gymnastics attire is recommended, and long hair should be secured back.
- After any illness or injury-related absence, confirm that participants are fit to participate.
- Stay alert for potential errors when teaching a new skill.
- Ensure participants have good core body control, can perform safe landings, and possess experience in falling safely before allowing them to use the apparatus.