



# **GYMNAST ATTENDANCE POLICY FOR COACHING COURSES**

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## Version History

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## INTRODUCTION

This policy is in place to ensure the safety of all gymnasts and coaches and to maintain the quality of learning on our coaching courses. Gymnasts play a vital role in supporting coaches and Tutors as they practice and develop skills. Having clear requirements helps us minimise risk, ensure appropriate supervision, and provide a safe environment where both coaches and gymnasts can get the most out of the course.

## GYMNASt REQUIREMENTS

### Active Insurance & Emergency Contacts

- All gymnasts must have active insurance before attending a course.
- All emergency contact details must be fully uploaded to the portal.
- Coaches are responsible for ensuring they have access to this information during the course.

### Health & Fitness

- Gymnasts must be healthy and fit to participate in all planned activities.
- Any injury or medical condition that could affect participation must be reported prior to the course.

### Skill Requirements

- Gymnasts must be able to perform the skills required for the course.
- This ensures they can safely support coaches' learning and the delivery of course activities by tutors.

Failure to meet any of these requirements may result in the gymnast being unable to attend the course, and in some cases may affect the coach's participation and the Tutors ability to deliver all course skills.



## SUPERVISION & RESPONSIBILITY

Coaches are responsible for ensuring the safety, well-being, and suitability of their gymnasts at all times during the course. This includes actively monitoring the gymnast's performance, readiness, and engagement in all activities, as well as ensuring that any potential risks or issues are addressed immediately. Coaches should ensure that gymnasts are adequately prepared, both physically and mentally, to participate fully in all exercises as instructed by the course tutors. Gymnasts should follow the guidance of tutors carefully, perform skills safely, and engage in activities to the best of their ability, providing a supportive environment for coaches to learn and practice skills effectively.

## GYMNAST TO COACH RATIO

To ensure the safety of gymnasts and the effectiveness of the course, every coach attending a course must bring at least one gymnast. For clubs sending multiple coaches, it is acceptable for a gymnast to support two coaches if necessary.

We ask that all clubs remain mindful that courses are long, typically 5–6 hours, and that gymnasts may become tired during extended sessions. To maintain a safe and supportive environment, clubs are encouraged to bring enough gymnasts to ensure that all activities can be carried out effectively and that gymnasts are not overworked. Adequate numbers also help ensure coaches can fully engage with the course while gymnasts remain safe, supervised, and able to participate at their best.

Whilst some courses have clubs who are able to provide gymnasts for all coaches, courses are great days of experience for gymnasts and we welcome them all. There is no maximum number at IGA Courses.

## BEHAVIOUR AND CONDUCT

- Gymnasts and coaches are expected to demonstrate respectful and safe behaviour at all times.
- Any unsafe or inappropriate conduct may result in removal from the course.

## CLOTHING AND EQUIPMENT

- Gymnasts should wear appropriate gymnastics attire including a suitable tracksuit when on lunch to ensure they do not get cold.
- All gymnasts are required to bring their gymnastics equipment (handguards etc) including a bottle of water to stay hydrated on the course.



## AGREEMENT

- All coaches must read, understand, and agree to this Gymnast Attendance Policy prior to attending any coaching course. By enrolling in the course and bringing gymnasts, coaches and their clubs confirm that they meet all requirements outlined in this policy, including:
  - Active insurance for all gymnasts;
  - Gymnasts' health and fitness to safely participate;
  - Gymnasts' ability to perform the skills required for the course;
  - Adherence to all safety and supervision protocols.

Coaches are also responsible for ensuring that IGA has received the full names and details of all attending gymnasts before the start of the course, including emergency contact information.

By agreeing to this policy, coaches and clubs acknowledge that they have read and understood their responsibilities and that failure to meet these requirements may result in gymnasts being unable to participate or, in some cases, coaches being unable to attend the course.