



Information for Athletes and Families

Gymnastics Victoria's Return to Gymnastics Toolkit sets out a range of essential business and operational actions we recommend to Clubs to undertake when considering return to sport following the COVID-19 pandemic. Below are some key tips to help athletes and families get ready for the **Return to Gymnastics**.

1

Athlete Health

- Prior to **Return to Gymnastics** ensure your own physical and mental health wellbeing.
- You must not attend gymnastics if in the past 14 days you:
 - Have been unwell or had any flu-like symptoms
 - Have been in contact with a known or suspected case of COVID-19
 - Have had any respiratory symptoms (even if mild)
 - Are at a high risk perspective, including the elderly with pre-existing medical conditions

2

Bounce Back into your Gymnastics Club

- Understand your Club's plan for the **Return to Gymnastics**
- Understand your Club's rules for training, including numbers of athletes and coaches in the gym, social distancing and strategies for **Get in, Train, Get Out**
- Connect with your club to ensure a seamless and happy transition back to gymnastics

3

Communicate

- Review all communication from your club about returning to gymnastics to ensure you are aware of all the new protocols
- At all times remember the message that **'if you are unwell, stay home'**

4

Training

- Always consider Safety first and maintain good physical conditioning prior to Return to Gymnastics
- Follow the instructions of your coach for a cautious and methodical return to full training
- Be patient, it will take time to regain strength, flexibility and skill
- Work with your coach to find a way for athletes to appropriately celebrate and congratulate each other that does not involve high fives or hugs
- Have fun

5

Hygiene & Social Distancing

- Follow and Promote good Hygiene Practices
- Do not share equipment or hygiene products and bring a pre filled water bottle for your personal use
- Maintain 1.5m distancing during training and while waiting to use equipment
- Once session has concluded leave facility immediately and don't congregate in the building or car park - **Get in, Train, Get Out**