

GYMNASTICS NOVA SCOTIA GUIDELINES FOR IN-HOME TRAINING ACTIVITIES

Given the current challenges presented in a Covid-19 Pandemic world, our role as Gymnastics providers is to make sure that our members know that there will be gym again and to help prepare them for that time. How we do this requires creativity. Many coaches, either on their own or on behalf of their clubs, have developed online training videos to encourage, motivate and train gymnasts. Others are looking to provide live but online sessions in order to stay connected to their athletes, maintain physical fitness and improve morale. All PTOs are dealing with how to safely utilize the online technology available to us.

The Gymnastics Nova Scotia Board of Directors, in conjunction with our insurance agency and using the guidelines providing by Gymnastics Canada, is providing the following direction on how training activities are supported and can be safely undertaken:

GENERAL GUIDELINES

- Online sessions should be held using Zoom or Skype or on a closed video sharing site. No public access;
- Avoid 1 to 1 communication with athletes, online training should be in groups;
- Ensure all individuals participating in the session are in open, observable, and high-traffic areas in their respective homes (e.g., living room, backyard, kitchen);
- Ensure that all individuals participating in the session are within ear shot of someone else (e.g., parent, other adult, sibling, etc.), when possible. If this is not possible due to personal living arrangements, Gymnastics Canada encourages participants to include another person on the call (e.g., another athlete, parent, other responsible adult), when possible;
- Ensure professional standards are upheld at all times, including but not limited to, proper training attire and use of appropriate language throughout all interactions;
- Ensure transparent electronic messaging. All communications, including scheduling of sessions, should be sent to the training group and/or include parents, head coach/club administrator;
- Coaches will limit the number of participants to a number easily visible on one screen. Should the number exceed what can be easily viewed on one screen a second coach is required;
- Zoom or Skype sessions are not to be recorded and used as stand-alones;
- Coaches are reminded to maintain safe sport protocols with respect to one on one communication;

- Online sessions are to be led by a NCCP Gymnastics Trained coach/instructor who is a member in good standing with Gymnastics Nova Scotia or Gymnastics Canada;
- Instruction of individual movements only (cannot instruct interaction between partners);
- Session should be limited to members of a Gymnastics Nova Scotia member club in good standing (e.g.: log-in, shared link, etc.);
- Disclaimer should be prominently displayed at the start of the session/video;
- Advise members on safety at home (e.g.: clear area of debris, get a mat, etc.);
- Understand premises liability is not covered (member slips on water on own floor);
- There should be someone in authority at home during the training in case there are problems i.e. an injury;
- Athletes who participate in this training do so voluntarily.

Below are further guidelines and general summaries of recommended exercises, however, it is not possible to provide an exhaustive list and all exclusions. Please recognize that there will always be some inherent risk as one pushes their limits and we urge you to exercise caution and good judgement in all your training activities. It is important that you also respect national and provincial government health and safety restrictions.

Before the session starts the coach should read the prepared disclaimer:

All actions and movements shown in this presentation follow a skills and progression based model of learning, subject to the Gymnastics Canada LTAD and sanctioned by Gymnastics Nova Scotia. The material found within is general in basis and does not take into account individual needs or limitations. Anyone who applies this program on their own does so at their own risk.

GUIDELINES FOR IN-HOME TRAINING ACTIVITIES

It is essential that all training be undertaken in an environment conducive to physical conditioning, jumping, and some acrobatics. This should include:

- Enough ceiling height for the exercises you will perform
- Ensure adequate distance from obstructions
- Use appropriately padded exercise surfaces such as yoga mats, fold-out gymnastics mats, or similarly padded alternatives

SUPPORTED ACTIVITIES

1. General Conditioning

- Use of home aerobic equipment such as a stationary bicycle, elliptical trainer, or other specialized aerobic equipment
- Other aerobic exercises including running/jumping in place, dance, skipping etc.

2. Flexibility

- Isometric flexibility exercises
- Controlled ballistic stretching (as may have been done in a conventional workout environment prior to the shut-down)

3. Body-weight Resistance

- Squats, push-ups (all varieties), dips etc.

4. Home Resistance Equipment

- Medicine ball work
- Stretch cords/Thera-Bands
- Gliders
- Dumbbells, Kettlebells
- Home-made resistance training alternatives (i.e. sandbags etc.)
- Home-gym equipment - bench press, Universal-style gyms, etc.

5. Plyometric Exercises

- Squat jumps
- Broad jumps
- Rebound jumps (height 0.6m or less)
- Other

6. Core/Abdominal

- All varieties common in gymnastics training

7. Technical

- Balances, pivots, body-waves
- Turns

8. Acrobatics

- Handstands
- Walkovers

9. Other

- Ballet
- Yoga
- Pilates

ACTIVITIES NOT SUPPORTED

1. Trampoline

GUIDELINES FOR SOCIAL MEDIA

We encourage you all to stay engaged with your family, friends, and teammates via social media during this time, however, it's important to keep all of the above guidelines in mind when performing any skills or exercises on visual platforms.

Here are some general guidelines:

- Do not invite the general public to attempt or engage in any of the skills or exercises you may be performing on your accounts. Limit challenges to your teammates who you know are able to perform the given skills safely and in-control.
- Do not host public Facebook or Instagram live work-out sessions where members of the general public would be able to see what you are doing, and therefore try to follow along.

As a reminder, it is also important to abide by your municipal and provincial health authority regulations in relation to COVID-19.