

Return to Gymnastics - Coaches Guide

As we get back into the gym for training after the extended break due to COVID-19 we understand it is going to be an exciting, but also anxious and possibly frustrating process. Here are a few important reminders for all coaches to think about before coming back to coach.

<p>Before First Training</p>	<p>Review Re-Opening Protocols. It's important that you read and understand the new protocols for re-opening.</p> <ul style="list-style-type: none"> • Recognize Differences. Not everyone will come back with equal motivation (coaches and athletes both), so be prepared for setbacks. • 3 Months is Long. Treat this time off like ALL of your athletes are coming back from a major injury. Plan to take it slow and steady.
<p>Facility Changes</p>	<p>Physical Distancing. Like most places there will be physical distancing markers and lines set out in the gym. You will be expected to help maintain and educate others on these requirements (respectfully of course). This will mean that things like high fives, hugs from the athletes, or congregating in the staff room cannot happen.</p> <ul style="list-style-type: none"> • Cleaning. Anything that your athletes use must be cleaned at the end of their practice and all touched surfaces must be cleaned at the end of the day. We have scheduled cleaning times built into the schedules to make this possible.
<p>Training Changes</p>	<p>NO SPOTTING. Coaches must maintain the 2m (6ft) physical distance between themselves and athletes at all times. The only exception is in the case of safety or injury. This is going to be hard as we want to help our athletes learn skills, but we just can't do it for now. Safety refers to true safety, like preventing a catastrophic fall.</p> <ul style="list-style-type: none"> • Drills and Progressions. Because there is no spotting you may need to be creative or ask other coaches about progressions or drills for skills that you would normally spot or "stand-in" for. • No Free Foam. The pits can only be used with mats on them. Athletes cannot go into the free foam as it is almost impossible to clean daily. • Reduce Number of Athletes Using the Same Equipment. We need to cut down on the number of athletes touching the same things during training. Examples are: • Trampoline - If there are 6 athletes training then only 3 can use each trampoline and not go back and forth. • Women's Beam - They will need to each have their own one or 2 beams they work on. So if everyone needs the low fat beam then there might need to be a rotation of who gets it on which days. • Men's P-Bars - Have 2 mini-circuits of 3 stations for each set of P-Bars where half of the athletes use each one and don't cross over. • Go Slow. Go slower than you normally would and check-in with your athletes regularly on how they are coping physically and Psychologically with all the new changes.

