

## Return to Gymnastics - Athletes 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 athletes to think about before coming back to train.

<p><b>Before Gym</b></p>	<p><b>Be Mentally Prepared for the Gym to Look Different than Before.</b> There will be hand washing/sanitizing stations, lines marked off, equipment moved around and new signs with instructions.</p> <ul style="list-style-type: none"> <li>• <b>Be Prepared to Physical/Social Distance.</b> You will be seeing friends, team mates and coaches you haven't seen for months, so say "Hi", wave, and chat, just make sure you stay 2m (6ft) apart at all times. This means high fives, hugs, and fist bumps will need to wait a little bit longer.</li> <li>• <b>Change at Home.</b> The change rooms won't be open for anything other than bathroom use. You'll need to come to gym in your training clothes and then change at home after practice.</li> <li>• <b>Bring What You'll Need/We Can't Share.</b> Bring your own; tape, hair elastics, supports, wristbands, spray bottle, honey, roller, gloves for strap bar, etc. The gym will be providing everyone their own block of chalk, so you'll need to bring a larger freezer bag or plastic container from home labelled with your name on it.</li> </ul>
<p><b>During Training</b></p>	<p><b>3 Months is a Long Time.</b> Treat it like you're coming back from an injury. Training is going to start slow and progress from there. You will be doing nothing but basic skills and general fitness for the first little while to avoid injury and risk.</p> <ul style="list-style-type: none"> <li>• <b>No Spotting.</b> There will be no spotting allowed for a while to help with the physical distancing. Your coach will only be able to break physical distancing rules in case of safety or injury, NOT for teaching skills. This means it might take longer to get some skills back, especially "scary" ones, but be patient and we'll get there.</li> <li>• <b>Physical Distance at All Times.</b> You'll have to make sure you stay in your bubble. We're all going to need practice at it, so don't be afraid to remind others (respectfully), and try not to take it personally if you get reminded about it.</li> <li>• <b>Everyone's Different.</b> Not everyone in your training group will feel the same way about being back. Some will be excited and some will be nervous, or maybe a combination of both. All of these things are okay, and all we can do is try to be supportive of one another at this time.</li> </ul>
<p><b>After Gym</b></p>	<p><b>Rest and Recovery.</b> Your muscles might be sore and achy, and your brain might feel fuzzy from finally getting to do gymnastics again. These things are normal, just be sure to keep up good nutrition, and sleep habits to help get back to normal.</p> <ul style="list-style-type: none"> <li>• <b>Stay Positive.</b> It's going to be a slow road back for everyone, so focus on your successes and don't get dragged down by the hurdles.</li> </ul>

