

SAFE
& FAIR
SPORT

Safeguarding Policy

HYDRATION



V1/NOV 2023

British
Gymnastics



GYMNASTICS
NORTHERN
IRELAND



Welsh Gymnastics
Gymnasteg Cymru

What's included in the Safeguarding Policy:

HYDRATION

- Introduction
 - Key responsibilities
 - Associated policies & guidance
- Safeguarding Policy: **Hydration**
- Support and preventing poor practice
 - Contact information

Introduction

- Everyone in gymnastics has a responsibility to create a safe and uplifting gymnastics experience for all. British Gymnastics acknowledges we all have a duty of care to safeguard the physical and psychological health of gymnasts.
- The mandatory requirements on Hydration detailed in this document, are underpinned by the British Gymnastics Safeguarding Policy or Home Nation equivalent, which contains information about who this policy applies to, the scope and purpose. After reading this document, if you have any questions or concerns, please contact the Welfare and Safe Sport team at British Gymnastics or Home Nation equivalent.
- The need for this document and good practice guidance is to prevent inappropriate hydration practices. Restricting fluid or toilet access is an example of physical abuse.
- For clarity and conciseness, the term 'coaches' used in this document represents both coaches, helpers, and gymnastics activity instructors.
- This document was developed for the gymnastics community following consultation with advisory groups, UK Sports Institute practitioners and other external organisations to ensure gymnasts are at the centre of any decision making around hydration.
- This document also contains information about additional support and preventing poor practices, with further information about the complaints process detailed in the British Gymnastics Complaints and Disciplinary Policy and Procedures or Home Nation equivalent. Alongside this document, clubs and coaches should implement good hydration practices (Hydration Guidance for Good Practice document).

Key responsibilities

- Clubs, coaches, and support practitioners must ensure they follow the points contained in this document within gymnastics sessions or activity, to ensure they implement safe hydration practices.
- To ensure safe hydration practices are implemented, supporting information for parents/ carers and gymnasts can be found in the 'What do I need to know' resources.

Associated policies & guidance

British Gymnastics & Welsh Gymnastics

[British Gymnastics Safeguarding Policy](#)

[British Gymnastics Standards of Conduct for Coaches, Officials & Instructors](#)

[British Gymnastics Standards of Conduct for Registered Clubs](#)

[British Gymnastics Complaints & Disciplinary Policy & Procedure](#)

Scottish Gymnastics

[Scottish Gymnastics Child protection & wellbeing policy & guidance](#)

[Scottish Gymnastics Code of Practice for Coaches & Officials](#)

[Scottish Gymnastics Complaints: Guidance for clubs affiliated to Scottish Gymnastics](#)



The '**Key Policy Points**' on the next page, has been created for you to display in your club

Safeguarding: **HYDRATION POLICY**

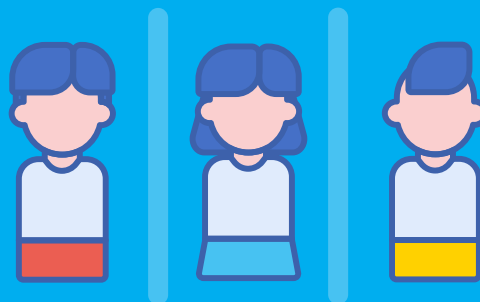
Key policy points



1 Gymnasts must be provided with opportunities to drink regularly throughout a gymnastics session or activity, with gymnasts encouraged to consume fluids as they feel comfortable to.



2 If a gymnast requires the toilet during a gymnastics session or activity, they must be able to go at the earliest available opportunity.



3 Appropriate supervision must be put in place within clubs and venues to ensure gymnasts are not denied access to fluids or the toilet throughout a gymnastics session or activity.



#BE THE CHANGE

Your club should communicate what this means for gymnasts and parents/carers

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Why is hydration important?

Hydration is essential for a variety of functions that can impact health and performance



Reduce risk of injury – directly or indirectly



Reduce risk of illness



Helps to transport nutrients to working muscle and removal of waste products

BENEFITS OF HYDRATION



Optimise muscle strength and power



Improve brain function and concentration



Regulates body temperature

Support & preventing poor practice

Everyone should feel able to ask a question, ask for help, or raise a concern; no matter who you are, or how you are involved in gymnastics. Use the information below to help say something if you see or experience something that doesn't feel right.



Query

If you are not sure or feel uncomfortable on a practice/comment you implemented, experienced or observed, it is ok to raise a query with someone you feel comfortable with. This could be with a coach, gymnast, friend, welfare officer, parent or club manager.

Reflect

Take the time to reflect on what has happened and whether anything could have been done differently. Would it be acceptable outside of gymnastics?

Seek

It is ok if you are not sure or do not know the answer, there are lots of people that can help including other coaches, welfare officers and British Gymnastics National Welfare Officer Team (welfareofficer@british-gymnastics.org), Scottish Gymnastics wellbeing and safe sport team (safegym@scottishgymnastics.org) or Welsh Gymnastics safeguarding (safeguarding@welshgymnastics.org) or the Northern Ireland welfare officer (welfareofficergni@gmail.com). You can contact British Gymnastics, Scottish Gymnastics or Welsh Gymnastics for advice at any point, this will not be taken as an official complaint.

NOTE: All home nation governing bodies have a duty of care, therefore if they have any concerns this will be escalated appropriately.

Making mistakes

It is ok to make a mistake! If this happens, take accountability for it, apologise, and learn from it to stop it happening again.

Raise

If you believe that you need to raise a concern, contact your club welfare officer. They will then be able to deal with your concern accordingly.

Recommendations

Create a psychologically safe environment for everyone in gymnastics by promoting open, honest and transparent conversations, with regular opportunities for feedback.

Encourage and promote an environment for asking questions and respectful challenge.

Regularly reflect on the day/session/event (see our Positive Coaching module).

Encourage everyone to reflect daily.



Contact information

British Gymnastics Safe and Fair Sport
Safe and fair sport (british-gymnastics.org)

British Gymnastics: 0345 129 7129
welfareandsafesport@british-gymnastics.org
or welfareofficer@british-gymnastics.org

Welsh Gymnastics: 029 2033 4960
safeguarding@welshgymnastics.org

Scottish Gymnastics: 0131 271 9733
or safegym@scottishgymnastics.org

Northern Ireland
welfareofficergni@gmail.com

Regional Welfare Officer details
british-gymnastics.org/safesport/safeguarding#14