

TERRITORY GYMNASTICS ACADEMY

# RETURN TO SPORT

WHAT TO EXPECT IN THE RETURN TO TRAINING



## MAIN THINGS TO REMEMBER

REDUCED TRAINING WILL HELP REBUILD FITNESS AND REDUCE INJURY RISK

BASICS ARE KEY! BIG SKILLS WILL TAKE SOME TIME TO RETURN.

IT'S GOING TO BE TOUGH - BUT IT WILL GET EASIER!

## WELCOME BACK!

RETURN TO CLASSES - MONDAY 18TH MAY

We are so excited to be welcoming our TGA community back to the gym for Monday 18th May!

With this great news we have been working hard to ensure that we can reduce as much of the risk we can due to COVID-19, as well as ensure our gymnasts can return to the sport they love safely.

This document will hopefully help you to understand the processes we will be following to meet the Government Guidelines in regards to COVID-19, as well as some of the things the gymnasts can expect to experience as they gain back their skills.

# COVID-19 PROCESSES

**IN ORDER TO RETURN TO SPORT IT IS IMPORTANT THAT WE FOLLOW THE MOST UP-TO-DATE GOVERNMENT GUIDELINES:**

- Markings in and around the gym must be followed - these identify walkways and waiting points
- Only one toilet cubicle to be used at a time - due to this we ask that where possible, children change into their leotards at home or at school before coming to gym
- Children must bring their own water bottle to avoid use of the mouthpiece on the water bubblers
- Gymnasts must keep 1.5m away from each other and coaches and maintain good hand hygiene - hand sanitiser will be available from multiple points in the gym
- Regular hand sanitising is important. Where possible gymnasts are asked to also have their own hand sanitiser to use during the session.
- Hands must be sanitised at the start and end of every session
- Anyone displaying any symptoms of COVID-19 must not attend their training sessions
- Parents are not to stay and watch classes to reduce the number of people within the facility - Kindy classes can have 1 parent participate in the class with them; Mini Movers may have 1 parent stay for the duration of their class
- Class times will be reduced to a maximum of 2 hours until 7th June.
- TGA will be increasing our cleaning and sanitising of the equipment to reduce any potential spread of infection based on guidelines provided by Gymnastics Australia.
- To reduce the amount of equipment sharing, gymnasts will be required to use their own chalk. First blocks will be provided free and we ask for a gold coin donation for subsequent blocks.





# WHAT TO EXPECT IN TRAINING

One of the most important aspects of the return to sport is going to be a gradual build up to where the gymnasts were before we had our last training sessions. This doesn't mean it will be easy! Gymnasts will be training for a maximum of 2 hours per session till the 7th June, then increase training by an hour per session every three weeks until they return to their normal hours. This gradual increase in timings is to allow the gymnasts (and coaches!) to build up their fitness and to allow their muscles and joints to become accustomed to the training forces again.

Within the first phase of returning to training the main focus will be on increasing the gymnast's strength and flexibility, as well as returning to the basic skills focusing on re-training technique. This can be a challenging time for the gymnast's confidence and motivation. The physical preparation will be tough (but done safely) and returning to find skills they could once do are hard can be a knock to their confidence. We ask that in this time you continue to encourage your gymnast to keep coming to training as it will get easier!

The next phase of their training will be continuing to increase their physical preparation, while also increasing their skill level. Hopefully by this time, gymnasts are realising that their hard work is paying off and they are seeing themselves getting closer to the skills they had before the break.

With these phases, there is no timescale. Gymnasts will build back up to where they were before at different rates - and this is okay! It will be about the emotional support that we as coaches, and you as parents, can give them to help them stay motivated and passionate in order to allow the physical aspects to develop.

