

Step Forward Plan

Arriving and leaving gymnastics sessions

Gymnasts will be excited to be back, and preparation is key to ensure that they will be welcomed into a fun and positive environment, whilst staying safe. Here are three ideas to help you to organise how gymnasts will arrive and leave their sessions.



Arriving at their session

- > Allocate your gymnasts their own marker in a designated area before they arrive. Ensure these are 2metres apart.
- > Gymnasts can use their marker to place their shoes, socks, water bottle and any other necessary items.
- > Use the same type of marker for each child throughout the session so they know that wherever they are, their marker is always the same. This could be a coloured spot, a number, a picture of an animal or object, a photograph of themselves or a picture of their favourite teddy.



Finishing the session

- > When the session ends, gymnasts and coaches can stand on their 'marker' and play a game such as musical statues, with gymnasts dismissed one at a time.
- > Older gymnasts could create or learn a dance to music which they all perform on their markers until they're dismissed one at a time. You could set this as a task for gymnasts to make up and learn a dance, before reopening.



Leaving the gym quickly and safely

- > Set up an activity course for gymnasts to move along, to ensure they leave in the right direction.
- > You could use a series of spots to jump on or over, hoops to step into, cones to move in and out of or skipping ropes laid out as a path to follow.
- > Creating a fun activity will ensure they collect their belongings quickly and leave safely.

It is important to consider:

- > How you adapt your arrival and leaving activities to suit all ages.
- > How you apply these in your specific environment.
- > How you ensure your activities are suitable and inclusive for all individuals. Consider different learning styles or disabilities in your preparation. *

* Further resources that offer support on adapting the above for individuals with additional needs can be found on the [British Gymnastics Inclusive Gymnastics Page](#).