

Step Forward Plan



Video

- > Create a video to send to your gymnasts before they attend their first session.
- > Your video could feature a tour of the venue and any changes to the layout.
- > Include a walk-through of the safety measures to reassure gymnasts and parents that everything is ready for a fun and safe return.

It is important to consider:

- > How you adapt your preparations to suit all ages.
- > How you apply preparations in your specific environment.
- > How you ensure your preparations 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](#).



Posters

- > Create posters, using simple child friendly language and pictures, to highlight the importance of new safety measures.
- > Use recognisable colours such as red for 'danger' or 'stop' and green for 'safe' or to 'go'.
- > Place posters at a child friendly height around the venue.
- > Think about introducing fun 'safety orientated' characters that children can relate to or ask your gymnasts to create their own safety posters to be put on display.



Safety Ambassadors

- > Within your setting, your older gymnasts or young leaders could become safety ambassadors.
- > Acting as role models, they can reassure others and promote safety messages.



Use a story or a rhyme

- > Introduce a story or rhyme that highlights the safety advice and share this with your gymnasts.

"We're all here to have some fun,
but here's some things that must be done.
Please remember to be smart,
and safely stay 2 metres apart.
Washing your hands removes germs and dirt,
And at all times, stay alert."



Create your own strapline

- > Create and share a simple message to ensure gymnasts, parents and coaches understand and feel confident about new safety rules.

Clean, Clear, Confident!

Clean – Is the area you are in clean?

Clear – Is the area around you clear of other people?

Confident – Do you know how to safely move around your area?

Helping your gymnasts to understand what their sessions will be like

Here are some ideas to consider when preparing gymnasts and parents for their first session back.