

Sussex Welfare Report February 2024

Clubs should now be aware of the new policies introduced by British Gymnastics

[New safeguarding policies for hydration, weighing gymnasts and academic education introduced to better protect welfare of gymnasts \(british-gymnastics.org\)](#)

There is an opportunity to discuss these policies at Europa Gym in Crayford, south East London on 22nd February 10am to 1pm

I am awaiting a link from British gymnastics to register for this event. I will email it out once I receive it.

Both Dawn and I will be there if you have any additional questions.

Since the last meeting we have visited several Sussex Clubs. We are seeing a number of Clubs exceeding the number of gymnasts that should be on each apparatus/station (BG Policy says 8 per station - see link below) and we are also concerned that Coaches are not comfortably being able to safely supervise apparatus when they are supervising more than one station.

[file \(british-gymnastics.org\)](#)

I have extracted the relevant part about coach:gymnast ratios

Please note that there should always be at least two responsible adults in the gymnasium.

Gymnast to Coach/Teacher Ratios There are a number of diverse factors to consider when making recommendations with regard to the ratio of participants to coach/teacher in Gymnastics and Trampolining activities. These factors might include: the age and stage of development of the participants, the level and type of activity, the experience of the participants and coach and the type of facility and equipment available. However, the coach in charge must always make an assessment (i.e. a risk assessment) of each situation and must determine a ratio of participants to coach/es that is reasonable, safe and effective. Please note that there should always be at least two responsible adults in the gymnasium. To ensure that a safe and effective coaching/teaching situation is maintained, British Gymnastics recommends the following reasonable ratio of participants to coach/teacher: Award Scheme Coach Award Scheme Coaches (ASC) will all be current bronze or silver club members of a BG club or registered BG Leisure Centre Scheme. They will be at least 14 years old at the start of the course. ASC Coaching is the first rung on the ladder of a coaching career. They can work with a maximum of 8 gymnasts at any one time under the direct supervision of a minimum Level 2 or above coach. Using the Proficiency Award Scheme, the ASC will help with the teaching of the skills content of the scheme by way of demonstration and instruction. The ASC will also understand how the Proficiency Scheme works, and how to assess the children in their group. 4 Pre-School Classes For independent child classes, a ratio of eight participants to one coach is recommended. This can be increased proportionally to the number of qualified assistant coaches, i.e. 8 per additional directly supervised assistant coach. For classes where the parent, guardian or carer is participating with the child, a maximum ratio of 20 children to one coach is recommended. Gymnastics Classes Suitably

qualified British Gymnastics coaches or teachers must supervise all gymnastics activities. Coaches must be qualified to the level of performance of the participants in the specific discipline of the sport.

The recommended maximum number of participants to one apparatus/station is 8 participants. Where more than one apparatus/station is to be supervised, the coach in charge must carefully assess the following: • The age, stage of development, experience, varying ability and number and discipline of the participants. • The coaches' own qualifications and experience. • Their ability to observe, advise, support and respond to the needs of everyone in the gymnastics area. • The level and type of activity and suitability of the apparatus arrangements. Normally, one coach would not be expected to supervise more than 16 gymnasts, without other suitably qualified coaches being in attendance. However, where a directly supervised and qualified Assistant Coach is used, in addition to the supervising coach, each additional Assistant Coach may supervise a maximum of 8 participants (i.e. qualified lead coach = 16 gymnasts plus 8 gymnasts with AC = 24 in total)