

## **NWG Session Structure & Supervision**

This Session Structure & Supervision Policy outlines how gymnastics sessions are organised and supervised to ensure a safe, structured, and positive environment for all participants. This policy aligns with British Gymnastics guidance and should be read in conjunction with our other club policies.

### **1. Policy Statement**

- We are committed to delivering well-planned, appropriately supervised gymnastics sessions.
- The safety, welfare, and development of gymnasts is our priority at all times.
- Sessions are structured to promote safe progression, enjoyment, and confidence.

### **2. Session Structure**

- Sessions are planned in advance and delivered by suitably qualified coaches.
- Activities typically include a structured warm-up, skill development, apparatus work, conditioning, and a cool-down.
- Content is tailored to the age, ability, and experience of the group.

### **3. Supervision & Ratios**

- Gymnasts are supervised at all times while participating in sessions.
- Coach-to-gymnast ratios are maintained in line with recognised guidance and the nature of the activity.
- Additional assistants may be used to support safe delivery where appropriate.

### **4. Safety & Management**

- Coaches manage movement within the gym to ensure safe use of equipment.
- Activities may be adapted or paused where necessary to maintain safety.
- Gymnasts are expected to follow instructions and respect safety rules at all times.

## **5. Monitoring & Review**

- This policy is reviewed periodically to ensure it remains aligned with British Gymnastics guidance and best practice.