

## **NWG Flexibility & Training Guidance**

This Flexibility & Training Guidance Policy outlines our approach to flexibility work and physical development within gymnastics training. This policy aligns with British Gymnastics guidance and should be read in conjunction with our Safe Participation Policy.

### **1. Policy Statement**

- Flexibility and conditioning form an important part of gymnastics development.
- All flexibility training is delivered in a safe, age-appropriate, and progressive manner.

### **2. Safe Practice**

- Stretching and flexibility exercises are supervised by qualified coaches.
- Techniques are demonstrated clearly and progressed appropriately.
- Gymnasts are encouraged to work within their individual capabilities.

### **3. Welfare Considerations**

- Excessive or forced stretching is not permitted.
- Coaches monitor for signs of discomfort or fatigue.
- Parents/carers are encouraged to communicate any concerns regarding training load or physical wellbeing.

### **4. Long-Term Development**

- Flexibility development is approached gradually to support safe long-term progression.
- Individual differences in physical development are respected.

### **5. Monitoring & Review**

- This guidance will be reviewed periodically to ensure alignment with best practice and governing body standards.