

NWG Weighing Gymnasts Policy

This Weighing Gymnasts Policy outlines our approach to body weight monitoring to ensure the physical and emotional wellbeing of gymnasts. This policy aligns with British Gymnastics guidance and should be read in conjunction with our Safeguarding and Inclusion policies.

1. Policy Statement

- The welfare and wellbeing of gymnasts is paramount.
- Body weight monitoring is not a routine practice within recreational programmes.
- Where relevant in performance pathways, any consideration of body composition is managed sensitively and appropriately.

2. Recreational Gymnastics

- Our gymnasts will not be routinely weighed as part of their participation.

3. Safeguarding & Sensitivity

- Discussions relating to the gymnasts' composition, or nutrition are handled sensitively and always with a parent/carer present.
- Practices that may negatively impact a gymnast's body image or wellbeing are not supported.

4. Monitoring & Review

- This policy will be reviewed periodically to ensure it remains aligned with safeguarding standards and best practice.