

Parent/Carer Guidance for Online Activities

Dear Members,

As we progress through lockdown 3.0, the Welfare Team thought it would be useful to send out a guide regarding the safeguarding and welfare of our members whilst they continue to train at home using online resources and live training sessions. This letter covers the key points however a full guide can be found on the British Gymnastics website.

The points of concern are that your child should have a safe place to train and that they should be protected from any poor practices associated with being online in general.

Safe Environment

During live sessions there will always be two appropriate adults on each session and the coaches will not train your child beyond their qualified level. Coaches are not required to present NEW skills or new skill development during online sessions. The sessions will only be based around body preparation, fitness and conditioning and flexibility and at the beginning the coaches will outline what equipment will be needed.

We ask that microphones be muted throughout the session unless specifically instructed by the coach to ensure that there are no distractions to the training. The gymnast's name must be displayed and camera is to be switched on to see the whole body of the gymnast whilst both sitting and standing, so we would encourage parents to consider a wider-angle for the camera which covers the whole space your child will be using.

Please ensure that your gymnast has a safe place to train with a clear space around (and above) them, clear of hazards, cables etc, ideally on carpet or exercise mats. Preferably, gymnasts should be in a family space rather than in their bedroom. We understand that this is not always possible, but we would ask that an adult is always in close proximity throughout the whole session in a supervisory capacity. Pets and other people should be prevented from interrupting the session.

We encourage parents to give feedback to their children on their effort and engagement in online training, but coaches are responsible for providing technical coaching points.

In the event of an injury: If this is a pre-recorded session it is the parent's responsibility to administer first aid. If the session is live, the coach will stop the session and ensure that a parent is made aware so that first aid can be administered by the parent. Please remember report any injury to the gymnast's coach as well as updates on their recovery for club records.

Online Safety

We ask that parents be made available at the beginning of each session and there should always be a parent or guardian available in close proximity to the gymnast throughout the whole training session in a supervisory capacity. Please keep backgrounds clear of personal belongings or items which might identify the gymnast or their home and siblings and other family members outside of the camera view.

A coach will always seek a parent's consent before any video or images of the child can be taken during online training sessions.

It is important you do not share the online access codes with Non-British Gymnastics members.

Basingstoke Gymnastic Club does not require you to accept any formal Terms & Conditions for your gymnast to participate in online training sessions. However, by your gymnast joining an online session you are acknowledging the guidance shared in this communication which is in place to ensure your child is participating in the activity within a safe environment.