

# GYMNASTS

## WHAT DO I NEED TO KNOW?

### Safeguarding Policy

# HYDRATION

We all have a responsibility to support safe hydration practices in gymnastics. Here's what you need to know as a gymnast:



**1** Try and remember to bring your water bottle with you to gymnastics.



**2** If you need to go to the toilet when you arrive for gymnastics, try and go before the session starts.



**3** You will have regular opportunities throughout your gymnastics activity or session to drink however much you feel comfortable to.



**4** Anytime you need a drink during gymnastics, ask a coach and they'll make sure you can have a drink as soon as possible.



**5** Anytime you need the toilet during gymnastics ask your coach and they'll make sure you can go as soon as possible.



**6** If you are unsure about something, feel uncomfortable or feel you have not had time to have a drink or go to the toilet during gymnastics, speak to someone you feel comfortable with such as your parent/carer, friend or coach, so they can help you. British Gymnastics is also here to help you. For more information scan here



**SAFE  
& FAIR  
SPORT**