

Flexibility training

Facilitating



Before facilitating with any flexibility training, think whether alternative methods could achieve the same result. During flexibility training, the gymnast must have the ability to stop at any point.

PROXIMITY



Keep as much space as possible from the gymnast.



Avoid facing front on to the gymnast.

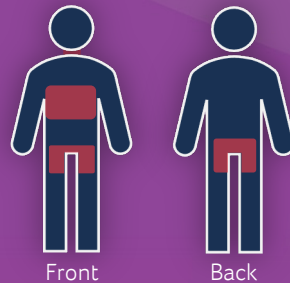


Consider where your body parts are in relation to the gymnast.



Be aware of others' perceptions.

HANDLING



Handling should not occur on the front of the neck, between the top of pecs to mid ribs, above the inside of the mid thigh, on the buttocks or in any intimate areas.

FORCE

1

Before any force is applied, the gymnast must be at their end range of movement whilst actively stretching.

2

Only apply gentle force that does not cause more than mild pain/discomfort and produces minimal movement.

Mild	Moderate	Severe
1 - 3	4 - 6	7 - 10

3

The facilitator and gymnast should communicate throughout.



DON'T apply force directly on a joint.

Further details can be found in the British Gymnastics Flexibility Training position statement