



**ECLIPSE GYMNASTICS**  
**Plans for return to training - Parents & Athletes**  
**Thursday, May 21st, 2020**  
**Team 3**

**Our goal:**

- To help return the athletes to previous levels of skill and physical development prior to the lockout, using a graduated process of overload to build appropriate physical fitness components, technical foundations, psychological readiness, emotional fitness and social interaction with teammates and coaches.
- To enable all athletes to continue to love and enjoy gymnastics and be successful at their level of gymnastics while mitigating the risk to their health of returning to training.

**Considerations:**

• **Physical**

- March 23rd - May 17th = 8 full weeks.
- Detraining - our goal through this period of lockout was to reduce the losses that were going to occur through detraining.
- Ross Tucker (Sport Scientist):
  - Even small amounts of training -> 10 - 20% of original is enough to greatly reduce the losses (by 50%).
- Some of the key areas in which athletes detrain:
  - Strength - confidence with performing skills.
  - Growth due to reduced physical loads can lead to growth plate irritability with potential changes in height and length of levers (arms and legs).
  - Reduced muscle function - ability to manage forces at speed, take off and landing.
  - Impact loading reduced - impact increases bone density, tendon stiffness.
  - Reduced Proprioception / Aerial awareness.
- Areas of the body in which we need focus to ensure a balanced recovery from the lockout:
  - Core control - Thoracic mobility, obliques strength, glute strength.
  - Shoulder / scapular stability - Rotator cuff strength.
  - Wrist and forearm strength.
  - Calf strength.
- Rebuild training back to full load over 8 weeks.
- Get enough sleep - critical for recovery - structure to sleep patterns before returning to gym and school.
- Resume Strength program prior to lockout as per return from holiday:
  - philosophy of the marathon - steady pace now, build slowly, save the sprint until the end of the race - if we sprint now we will break down before we get to the end of the race.
  - PRIORITY is correct technique.



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- Athletes may experience niggles throughout the next few months. This WILL be part of the process of retraining - it is critical that athletes speak to us - we will ask every session. We encourage parents to be mindful of responses to athletes comments related to injuries and how they are feeling.
- Measure height first day when they return - to determine amount of growth taken place - this will have direct impact on biomechanics for skills and energy levels for physical performance. It is also predisposes the athlete to injury as growth plates are active and as such are susceptible to injury with inappropriate loads.
- Strength test - first Saturday session back (after 2 - 3 sessions):
  - re-test every 2 weeks for first month, then 4 weeks for 2 months, then back to normal cycle, every 8 weeks.
  - current test results compared to previous strength test results will provide us with valuable information as to when athletes will be able to resume full load.
  - emphasis will be on individual monitoring and we expect this will vary from week to week as the athlete balances general fatigue and return to school / training and other external commitments. We will guide athlete and parents to understand every athlete will follow their own individual path.
- **Technical**
  - Skills - return to basics like holiday training - consideration to reps, surfaces, fear, confidence:
    - An extended period of basics will take place to develop appropriate levels of strength, flexibility, aerial awareness, confidence.
- **Social**
  - Building relationships again with teammates - fun activities, games, encouraging teammates.
- **Emotional - athlete focus**
  - Understand and accept ups and downs as we return to gym.
  - Motivation - will be high when we first return, but everyone will go through some ups and downs, and at different times. As we build load with basic activities, there will be times when the athlete may be a little bored - it is ok to communicate those feelings.
- **Psychological**
  - Athletes have built resilience during this time - just being here after all this is a huge achievement.
  - Acknowledge things we can and can't control.
    - What we can't control - time off, restrictions, how you feel to an extent, what other athletes/clubs have done in their time off.
    - What we can control - workload while locked out, attitude/mindset during and after lockout.
  - Develop a structure for each day - start getting back to a structure for each day, get up, school, training (try to start training at normal training times), etc.
  - Goal setting - reconnect with short term and long term goals.



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- Principles of return to training as discussed - will be in dot points on front of program folders as a consistent reminder for athletes and coaches.
- **Training, Level & Competitions for 2020**
  - We do not know what the competition season will look like at the this point.
  - No competitions will run within 8 weeks (minimum) from when we (Victoria) are allowed back into the gym.
  - There are still many unknowns around of what the remainder of this year will look like.
  - My thoughts right now are to not compete externally this year and start to move onto Level 5.
    - If we try to compete Level 4 this year, I feel we will lose a lot of valuable skill development time due to focusing solely on Level 4 requirements and routines.
    - We would still give the girls opportunities to compete in some kind of internal competition.
  - No firm decisions will be made until we are well back into full training back in the gym and have a better picture of what the rest of the year will look like.
- **Session information**
  - Session length and transition back to full hours:
    - Initially 1.5 - 2 hr sessions, depending on restrictions we may have to operate with only half the group in the gym at one time.
    - The transition back to full training hours for each athlete will take place over a 4 week period, dependant on athlete's ability to cope with training loads.
    - Physical distancing to remain during training sessions.
    - Athletes and parents are not attend site if they are unwell. We are still reviewing processes such a temperature testing based on Government, GA and GV guidelines.
    - Parents are not to stay and watch.
  - Fees:
    - No fees have been charged since the lockout began, and we have been providing ongoing support for all the girls throughout this time, with the training plans, Facebook updates/general interest information (youtube videos), videos reviews and Zoom sessions.
    - All the coaches have still been paid for the hours they have worked during this time. When we start back to full training, which could be by the middle of June (hopefully), it will have been approximately 12 weeks (as at May 17th, we have been locked out from the gym for 8 full weeks).
    - When we start back to training there will be an increased workload for coaches, above our normal planning activities, involving modifying programs to suit athletes, monitoring and managing each athlete's response to training loads and the management of training activities due to corona virus restrictions (for example, hand sanitisers around the gym which athletes will be required to use during training).



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- As a result fees will resume from the first week for the full hours your daughter would normally train. If you wish to discuss anything to do with fees, please contact us after this meeting.
- **Facility**
  - Cleaning protocols are in place for the facility and equipment.
  - Hand sanitisers on entry and exit to building.
- **Coaches**
  - Self care.
    - Physical hours of training/coaching - from zero to full time.
    - Fitness - rehab activities for shoulders, core, legs.
  - Mindfulness - Self awareness - just as important for coaches as athletes.
- **Hygiene practices - requirements based on Government restrictions, AIS document and information from Dr. Kathy Yu, CMO - GA**
  - Athletes to shower before and after training at home.
  - No eating on site - Athletes can heat dinner but not to eat dinner at gym.
  - Athletes to hand sanitise before and after being on apparatus - wiping down certain apparatus is impractical.
  - Personal responsibility, personal hygiene - ensure as best as possible that you are germ free when you go somewhere - athletes to shower before and after training at home.
  - Clean hands before touching things - less chance of transmission.
  - Sanitising feet - less of an issue, be clean but don't need to sanitise - feet don't come near mouth whereas hands touch a surface and then if play with hair or touch face can contaminate
  - Alcohol or bleach based disinfectant on door handles, etc.
  - Dust not a risk factor.
  - Foam pit - infection can live in there for a long time - cover the pit with something so athletes can still land in it but not actually in the foam.
  - Transmission of COVID-19 - Close contact - more than 15 minutes within 1.5 metres.
    - Don't huddle together.
    - Don't talk into each other's faces.
    - Spotting okay - won't be within 1.5 metres for 15 minutes - step in, spot, step back.
  - 72 hours symptom free to return to work / training.
  - COVID safe app - recommend to parents and staff.
  - Most important - we all need to take individual responsibility for our own health and safety and for that of others.



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**Introduction:**

- Zoom session - please mute your microphone.
- Welcome to everybody, hope you are all well. Thanks for joining us tonight. The aim of tonight is to provide you with information related to our plans for return to training. We still don't have an exact return date but other states have returned to training, with restrictions on numbers of athletes in the gym. There is a lot of information in tonight's session. We apologise for that but the impact of this pandemic on all of us has been considerable to say the least, and there are many areas that we all need to be aware of as we return to gym, to keep everyone safe.
- This session will be recorded for a couple of people who can't attend. We will only be sharing the audio portion of the presentation, along with the notes from the presentation. You can turn off your video if you wish.
- Any internet issues - please call immediately. Emily: 0488 065 559.
- Happy to answer questions as we go - please type your questions into the chat and I will answer them. If the question requires a long answer then will suggest we come back to that at the end of the meeting.
- Home training program policy - All of the training sessions that we have been running have been in line with our Child Safe policies. We didn't have a specific policy for this situation (COVID-19) and so have just formalised the process we have been using into this policy. A copy of this policy will be emailed to all parents after the meeting. Please have a read and if you have any questions or concerns please don't hesitate to contact us after the meeting.