



ECLIPSE GYMNASTICS

HOME TRAINING PROGRAM POLICY

March, 2020

DATE OF ISSUE

March, 2020

POLICY COVERAGE

All persons conducting and participating in activities as prescribed by Eclipse Gymnastics during the period of the COVID-19 lockout and subsequent restrictions. Persons includes coaching staff, athletes and parents/carers.

REVIEWED

This policy will be reviewed as necessary and if required, and is likely to be temporary and will be used only for the period of the COVID-19 lockout and and subsequent periods where any home training is still required.

APPROVAL AUTHORITY

Directors of Eclipse Gymnastics, Alison & David Hill

POLICY NAME: Policy Template		
POLICY REVIEW DATE	APPROVAL AUTHORITY	DETAILS
March, 2020	Directors, Eclipse Gymnastics	Policy reviewed and updated by David Hill
As required		



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1. INTRODUCTION

1. The COVID-19 pandemic has had unprecedented effects on communities globally, leading to significant restrictions on all sectors of society, including sport. The Australian Government instigated a state of emergency which directly impacted gymnastics clubs in Australia, from March 23rd, 2020. All clubs have been forced to close from March 23rd, and no gym based programs are allowed to be conducted until government restrictions are lifted. This required the introduction of home based programs to maintain some level of training for athletes in the Eclipse ALP competitive program.

2. POLICY STATEMENT

1. During the period of COVID-19 lockout (March 23rd, 2020 - TBC) Eclipse Gymnastics will provide a home training program for all athletes in the Eclipse ALP competitive program.
2. The purpose of the home program is to:
 - a. maintain a level of strength, flexibility and basic skills based on the availability of appropriate equipment in the athlete's home environment.
 - b. maintain connection and engagement between coaches and gymnasts.

3. SCOPE

1. This Policy applies to all persons conducting and participating in activities as prescribed by Eclipse Gymnastics during the period of the COVID-19 lockout and subsequent restrictions. Persons includes coaching staff, athletes and parents/carers.
2. This Policy will continue to apply retrospectively to a person or member following the cessation of their association or employment with Eclipse Gymnastics.

4. RELATED DOCUMENTS & LEGISLATIVE REQUIREMENTS

1. Eclipse Gymnastics Child Safe Policy

6. POLICY CONTENT

1. The home training program includes, but is not limited to, the following elements:
 - Roller program - Myofascial release
 - Warm up
 - Body alignment
 - Handstand program
 - Strength
 - Flexibility & Active flexibility
 - Injury prevention
 - Running and Jumping program
 - Apparatus specific programs



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2. Each week the coaching staff (David, Emily and Tori) will request the athletes record videos of a number of activities from the home training program, and then upload those to a private Eclipse ALP Facebook page (which is only visible to members of the group - restricted to ALP athletes and parents) OR send the videos by text message to the relevant coaches.
3. Coaches will then conduct an online Zoom session for the purpose of connecting with the athlete and parent about mood, motivation, compliance with program during each week, and to provide feedback on the skills video provided and to help the athlete set goals for the coming week with a variety of skills/activities in the program.
4. In addition to Points 2. and 3. above, coaches may conduct live online sessions with athletes to review and manage activities in the home training program. All other requirements and expectations of this Policy must be met during live online sessions, including but not limited to, parent/carer/family member being present during sessions (on screen or in the background/room/general area) and must be able to hear coach/athlete interactions.
5. Parents or another family member and/or carer must be present during all Zoom sessions. Coaches will not conduct feedback sessions if another person is not present with the athlete.
6. Coaches will not message or call athletes privately without a parent CC'ed into the communication regardless of the age of the athlete. If an athlete messages a coach, the coach will reply including the parent into the communication.
7. Use of video images will only be used for the purpose of providing feedback to athletes. Images uploaded to the Eclipse ALP Facebook page will be deleted once they have been reviewed by the coach and the relevant athlete. Images collected by coaches via text messages/emails may be stored on Eclipse Gymnastics computers/devices for the purpose of training and education. The images will not be distributed publicly (for example, used in promotional activities) without permission from the parent of the athlete.
8. By participating in the Eclipse Gymnastics Home training program, parents agree to the above requirements and expectations.
9. If at any time parents or athletes have concerns about any part of the Home training program, they must contact David Hill or their relevant coach immediately to discuss these concerns.
10. Our priority through this period of lockout and during the subsequent return to training is to ensure the safety of all athletes in our care.