

## Training Hours Guide



As a club based within the Gymnastics 4 All pathway we must ensure the safety of all our participants while driving towards success and personal goal attainment.

In line with British Gymnastics and Safe Guarding regulations we hereby set out our policy on the number of hours an individual can participant within GymStarz gymnastics sessions depending on age and potential ability.

### -Under 5 years of age (Pre-School)

All children under 5 years of age must participant within their age appropriate sessions and cannot participant for more than 1 hour in length per day.

### -Over 5 years to 10 years (Recreational & Novice Sessions)

Gymnasts aged between 5 and 10 years; regardless of discipline or session structure (Recreational or Novice) can only participant up to 2 hours per day continuous. Gymnasts can participant in more training hours, in one day, if they have a least 4 hours gap in training.

All participants must train in their age appropriate session and complete whole sessions; GymStarz will not allow individual to do half of one session to boost their time in training.

All Unlimited price plans are to be used over the week, not in one day to ensure rest and recovery time – in line with Safe Development though Sports guidelines. Over working individuals in a sporting environment can and will lead to issue into the future which can lead to participant being unable to participate at all due to injury.

GymStarz enhancers short concentrated bursts of activity with rest between sessions for muscle recovery.

### -Over 10 years of age

Gymnasts over 10 years of age can participant in up to 4 hours training per day maximum. This number is in line with the Gymnastics 4 All and Artistic competitions pathway; however GymStarz **recommends** 24 hours rest and recovery between sessions.

### -Disability and Inclusivity

All participants will follow the above guidelines however the maximum hours of training recommended could be set by the Lead Coach to prevent overtraining that could lead to issue for the individual.