



Online range and conditioning sessions policy

London Trampoline Academy and London DMT provide online range and conditioning sessions to support participants strength and fitness, ensuring long term athlete development. We strongly encourage any participants looking to compete in trampoline or DMT to participate in these sessions. In order to ensure these sessions are accessible to all our members, as well as safe and fun, the following policy must be adhered to by all club members and coaches.

If you have any questions, please contact us at info@londontrampoline.com

1. Session information

- Sessions are live, online, coach-led exercise activities.
- All sessions will be delivered via an appropriate online meeting platform (such as Zoom).
- All sessions will have appropriate security measures (such as a meeting ID and password) which will be communicated before the meeting. Under no circumstances should these details be advertised publicly.
- The lead coach for the session will have control of the meeting including admitting known participants, stopping video or microphone where appropriate and removing participants from the session if necessary.
- All participants will be muted upon entry to the session and may be invited to un-mute by the lead coach.
- Only the lead coach may share content during the meeting.
- Sessions will not be recorded without prior written communication and a warning at the start of the session before the recording commences.
- London TA will endeavour to have at least 2 adults present at each online session.

2. Gymnasts, parents, carers and guardians

- Participants under 18 years should be supervised at all times by a physically present appropriate adult.
- Participants must be appropriately dressed in sports clothing (see training session rules).
- The area being used to complete the exercises in should be suitable, with a non-slip mat or flooring and no objects that could be trip hazards.
- Participants cameras should be on during live sessions with participants in view of the camera and microphones muted. This is for safety to ensure all exercises are being performed in an appropriate manner to the participant. Prior approval will need to be sought from the lead coach to attend without a live camera stream.
- Participants or their guardians should take care to ensure personal information should be in view of the camera. London TA will not take responsibility for personal information shared accidentally in the background of participant video streams.

3. Coaches

- Must be appropriately dressed and deliver the sessions from a suitable environment.
- Should ensure participants are following this policy.
- Should plan sessions in advance with suitable rests and water breaks.
- Should risk assess all activities and deliver sessions within their own limits and qualifications.

Updated: 01/11/2020

Review date: 01/08/2021 unless British Gymnastics release new policies prior to this date.