



# DISCLAIMER:

## JOLLY GYMNASTS AT HOME DURING LOCKDOWN

During this difficult time, Jolly Gymnastics will be sharing some challenges on our social media pages and via email, for your little ones to take part in at home. We may share endorsed British Gymnastics activity programmes (e.g. Jump Into Gymnastics, Core Proficiency Awards, FUNdamentals) or our own exercises directly derived from these programmes. All challenges will be based on foundations of fitness and conditioning, in line with guidance from British Gymnastics. If you wish to keep active and stay involved with gymnastics at this time, we would encourage you to do so through these safe and recognised activities, and not to have a go at other skill-based gymnastics at home, which can be unsafe without the safety equipment and coaching you would receive whilst in the gym with us.

By taking part in any of our challenges or activities, you understand that physical activities in any form carry the risk of injury. Whilst we have carefully selected activities suitable for recreational gymnasts, you understand that it is your responsibility to know your little one's capabilities and to determine if the activity is appropriate for their level of ability.

In order to keep your little ones safe whilst taking part, we ask you to ensure that your little one:

- **is supervised at all times.** A responsible adult should remain with them and be responsible for their safety.
- **has enough clear space around them to take part.** Please note that we will not set activities requiring large apparatus; you must not use furniture to perform any of the skills as this poses additional risks.
- **uses appropriate and safe hand apparatus.** From time to time, activities may include suggestions of small equipment or hand apparatus to use e.g. a ball, a hoop, a rope. We know you may need to be creative and replace these items with alternatives that are readily available around the home; you will be responsible for ensuring these are safe and suitable for the task at hand.
- **is on a stable and safe surface.** Consider taking part outside on grass or inside on /carpet which may provide a softer landing than paving or wooden floors.
- **is warmed up and prepared for physical activity.** We recommend a pulse raiser activity before any gymnastics activity and exercises should then gradually increase in intensity – start with the more basic adaptations and don't move onto harder exercises until you are ready.

If you have any questions about this or need to contact us, we'd be happy to help.



[erin@jollygym.com](mailto:erin@jollygym.com)