

Return to Training Guidelines

Principles of Return to Training

A simple diagram highlighting the key stages and principles of any return to training and competition following a period of time off through injury/illness/other circumstances.

ASSESS	BRIDGE	BUILD	PROGRESS	PERFORM
Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Individual gymnast assessment from us and a medical professional if required. Pre-return to training monitoring to plan programmes	Initial return to training on limited hours focus on fitness, strength, brilliant basics and prehab. Coach to decide reduced hours.	Maintain strength & fitness focus. Progressive return towards full training hours and load. Monitoring gymnast response to load required.	Full training hours and load with built in skill combinations and part routines. Continued monitoring required to assess gymnast response and apply any adaptations	Programme to enhance towards competition readiness or routines. Clear goals and realistic targets set with gymnasts. (gymnasts may not have competed for 12months+)



Return To Training Guidelines



Stage 1 - Assess: Medical Clearance & Communication

- Please ensure your child has **medical or physiotherapy clearance** before returning to training.
- Share any **doctor or physio notes** with your child's coach - this helps us tailor exercises and avoid re-injury.
- Keep open communication: let coaches know about **any pain, fatigue, or worries** your gymnast may have.



Stage 2 - Bridge: Gradual Return to Training

Returning too quickly can lead to setbacks. Our coaches will follow a **step-by-step plan**:

- **Rebuild strength and flexibility** before full skills.
- **Modify training** - fewer hours, lighter loads, or skill adjustments.
- **Monitor pain and confidence** - athletes must be comfortable before progressing.

Each gymnast's recovery is **individual** - some may move faster or slower depending on their healing and confidence.



Stage 3 - Build: Focus Areas in Early Training

In the first few weeks, sessions will emphasise:

- **Conditioning and control** (core, shoulders, legs)
- **Technique drills** for safe landings and body shapes

- **Flexibility and balance** work
- **Confidence-building** through achievable goals
- Slowly building the load with hours increasing

We celebrate small wins and make sure every gymnast feels supported, not rushed.

Stage 4 - Progress: Back to full training

- Building back up to **full hours**
- **Adjust training plans** if soreness or fear returns
- **Increasing load** (landings, tumbles etc)
- Continue to **monitor injury and progress**
- **Working part routines** for competitions

Stage 5 - Perform: Ongoing Monitoring

Our coaching and support team will:

- **Track** the gymnast's progress each week
- **Adjust training plans** if soreness or fear returns
- **Maintain communication** with families and medical professionals as needed
- **A change of groups** may be required if gymnasts are unable to regain full fitness and compete at the required level. This will be continuously monitored.
- **Preparing for competitions**

Supporting Recovery at Home

Parents play a key role in recovery. You can help by:

- Encouraging **good rest and nutrition**
- Checking that your gymnast does any **rehab or stretching exercises** prescribed by the physio
- Asking how their body feels after training — mild stiffness is okay, but sharp pain or swelling means rest and communication with coaches
- Reinforcing a **positive mindset** — progress takes time!