



Sports Leaders Online Session

Session 1: The New Normal

Things to remember...

- It is ok to have a drink and take notes if you want
- Keep your video turned on and remain on mute unless you're speaking
- Turn any distractions off or put them away
- Listen & engage with the session so you get the most out of it
- **Enjoy!**



What you will get out of this session?

This sessions aims to:

- ▶ Check in with **YOU** and get you thinking about getting back to gymnastics!
- ▶ Activities and discussions on what lockdown has been like and how it has affected the people around us.
- ▶ Activities and discussion on how lockdown has affected the gymnastics world.



THERE'S
always
A REASON
to smile



Ice Breaker

What has made you smile
this week?

How has lockdown made you feel?

Your Feelings are OK!

- Write in the space as many words as you want
- Choose a colour that suits your mood

What have you been doing during lockdown?



SCHOOL WORK

HOME SCHOOLING



Homeschooling



HOW HAVE YOU STAYED IN TOUCH WITH FRIENDS?

ONLINE ZOOM SESSIONS

HOBBIES

zoom

FAMILY TIME

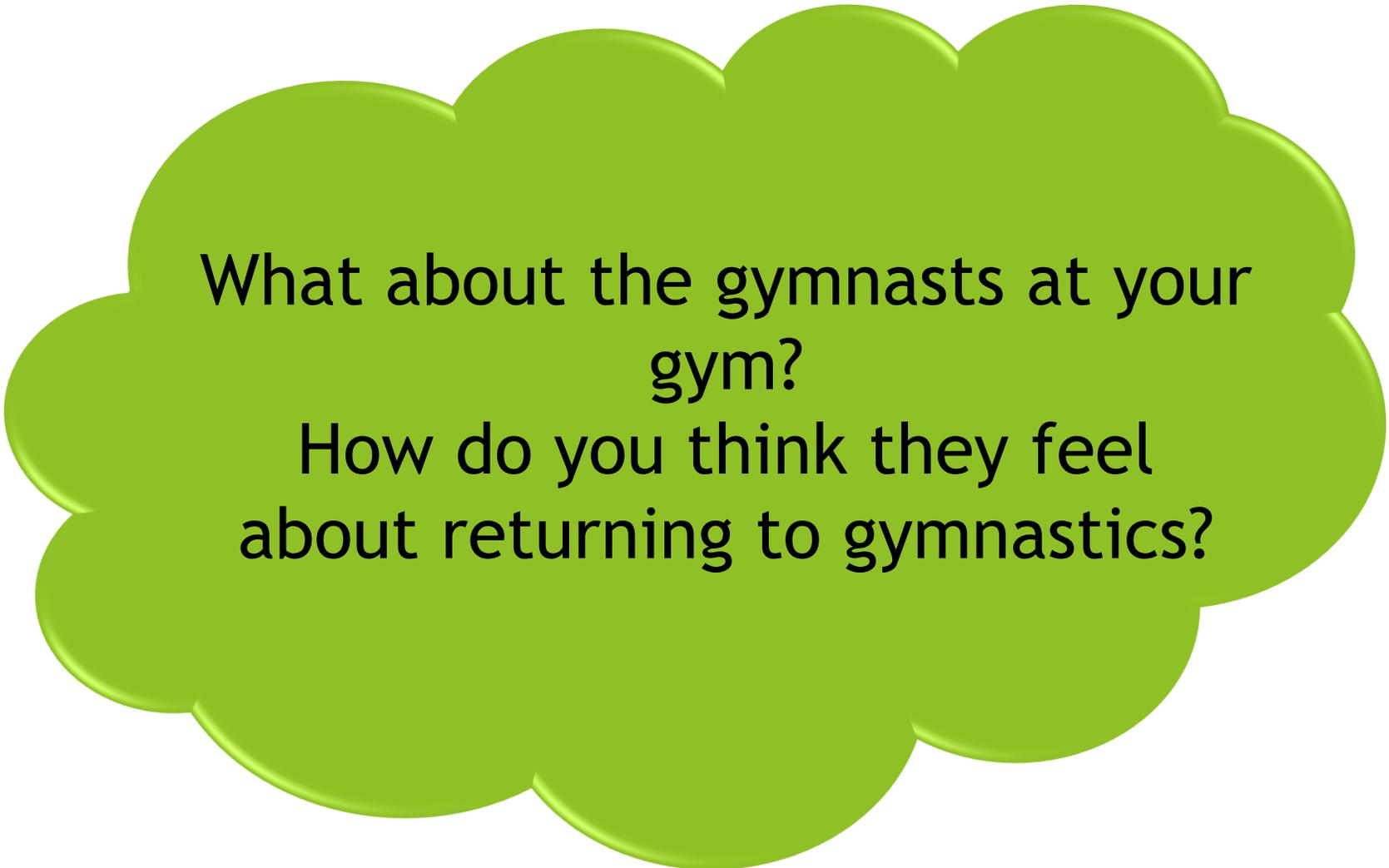


How did it feel going back to school?

A large, empty, rounded rectangular box with a light green gradient and a thin dark green border, intended for a response.

How do you feel about going back to the gym?

A large, empty, rounded rectangular box with a light green gradient and a thin dark green border, intended for a response.



What about the gymnasts at your
gym?

How do you think they feel
about returning to gymnastics?

What can you do to help the gymnasts?

Emotionally

- ▶ Support them to become independent
- ▶ Listen to them
- ▶ Talk to them
- ▶ Reassure them
- ▶ Give them ideas for how to do things in the gym

Physically

- ▶ Show positive body language
- ▶ Show them how things are done by leading by example
- ▶ Show them the current routes around the gym
- ▶ You can take them to the toilet
- ▶ **REMEMBER** in all you do maintain a 2 meter distance as best as you can

Support for yourselves and others at your gym

C.A.L.L Helpline

C.A.L.L offers emotional support and information/literature on Mental Health and related matters to the people of Wales. Anyone concerned about their own mental health or that of a relative or friend can access the service. [C.A.L.L. Helpline](#) offers a confidential listening and support service.

Telephone: 0800 132 737

The Samaritans

[Samaritans](#) offer a plethora of help and support via their call centre and email provisions.

Telephone: 116 123

Telephone Welsh Language service: 0808 164 0123

E-mail: jo@samaritans.org

Write a letter:

Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA

• Other Websites

Rethink mental illness: <https://www.rethink.org>

Every mind matters: <https://www.nhs.uk/oneyou/every-mind-matters>

Young minds: <https://youngminds.org.uk>

Task for the Week

Make a commitment to...

Talk to your head coach or one of the lead coaches at your gym to find out what your gym has been doing to get ready to restart



REMEMBER...



Thank you for attending!!!