



Scenarios

The following scenarios show potential examples of progressing through the phases of returning to coach contact. These are not the only models to follow, each coach's approach will be unique to their situation.

Throughout this document the reference to 'one group' refers to the recommended coach:gymnast ratio for the level of qualification.

**Working together for a
safe return to gymnastics**



Example:

Coach A



Day	Time	Group / Session
Monday	5.00 – 7.00pm	Recreational Group A
Thursday	4.00 – 6.00pm	Recreational Group A

What does return to coach contact mean for me during all phases?

	Monday	Thursday
Phase 1	15 minutes manual support with group one 5 minutes – Handstands 5 minutes – Squat through on vault 5 minutes – Circle up on bars	15 minutes manual support with group one 5 minutes – Cartwheels 5 minutes – Squat through on vault 5 minutes – Forward circle dismount on bars
Phase 2	15 minutes manual support with group one 5 minutes – Handstand forward rolls 5 minutes – Straddle on/over on vault 5 minutes – Swinging on bars	15 minutes manual support with group one 5 minutes – Backward walkover preparations 5 minutes – Straddle on / over on vault 5 minutes – Jump to catch the high bar
Phase 3	Manual support can be provided as necessary but must be pre-planned and kept to a minimum as per code of behaviour	

Example:

Coach B



I am a coach/instructor and work three times a week in different venues:

- One class in an after school club
- One class at a club - recreational classes
- One class at a secondary club - recreational classes

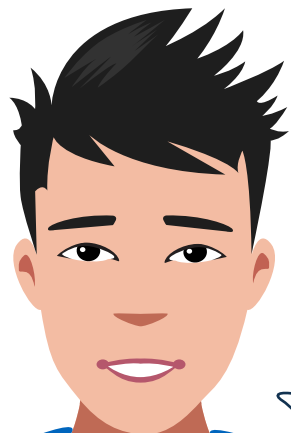
Day	Time	Group / Session
Monday	3.15 – 4.15pm	Afterschool club
Tuesday	4.00 – 5.00pm	Recreational group 1 Club 1
Wednesday	4.00 – 5.00pm	Recreational group 1 Club 2

What does return to coach contact mean for me during all phases?

	Monday	Tuesday	Wednesday
Phase 1	No manual support – continue as before	15 minutes manual support with one group 5 minutes – Cartwheels 5 minutes – Backward rolls 5 minutes – Straddle over on vault	No manual support – continue as before
Phase 2	15 minutes of manual support per day with one group 5 minutes – Forward rolls 5 minutes – Handstand 5 minutes – Squat on work on vault	15 minutes of manual support per day with one group 5 Minutes – Cartwheels 5 minutes – Handstand forward roll 5 minutes – Straddle over on vault	15 minutes manual support with one group 5 minutes – Handstands 5 minutes – Circle Up on bars 5 minutes – Squat on work on vault
Phase 3	Manual support can be provided as necessary but must be pre-planned and kept to a minimum as per code of behaviour		

Example:

Coach C



I am a trampoline coach who works across many classes in the week within the same club. Recreational groups and Squad.

Day	Time	Group / Session
Monday	4.00 – 7.00pm	Recreational group 1 and 2
Wednesday	4.00 – 8.00pm	Squad
Friday	4.00 – 7.00pm	Recreational group 3 and 4

What does return to coach contact mean for me during all phases?

	Monday		Wednesday	Friday	
	Rec group 1	Rec group 2	Squad	Rec group 3	Rec group 4
Phase 1	No manual support – continue as before with progressions	No manual support – continue as before with progressions	No manual support – continue as before with progressions	15 minutes of manual support per day with one group 5 minutes – Backward roll (floor work) 10 minutes – Front somersault (on tramp)	No manual support – continue as before with progressions
Phase 2	15 minutes of manual support per day with one group 10 minutes – Front somersault 5 minutes – Back pullover with two individuals from the group	15 minutes of manual support per day with one group 10 minutes – Back somersault prep (hip lift) 5 minutes – Front somersault with three individuals from group	15 minutes of manual support per day with one group 10 minutes – Spotting double backs 5 minutes – Spotting ball out	15 minutes of manual support per day with one group 10 minutes – Back landing support 5 minutes – Back pullover with two individuals from the group	15 minutes of manual support per day with one group 10 minutes – Back somersaults 5 minutes – Front somersault with three individuals from group
Phase 3	Manual support can be provided as necessary but must be pre-planned and kept to a minimum as per code of behaviour				

Example:

Coach D



Day	Time	Group / Session
Monday	10.00 – 11.00am	Preschool 1
Monday	1.00 – 2.00pm	Preschool 2
Monday	4.00 – 8.00pm	Squad A
Tuesday	3.00 – 4.00pm	Recreational 1
Tuesday	4.00 – 5.00pm	Recreational 2
Wednesday	1.00 – 2.00pm	Preschool 3
Wednesday	5.00 – 8.00pm	Squad B
Thursday	5.00 – 8.00pm	Squad A
Friday	4.00 – 6.00pm	Squad B
Friday	6.00 – 8.00pm	Squad A
Sunday	9.30 – 11.00am	Recreational 3
Sunday	11.30am – 2.00pm	Squad A
Sunday	2.00 – 4.30pm	Squad B

Continued overleaf...

Coach D continued...

What does return to coach contact mean for me during all phases?

	Monday			Tuesday		Wednesday	
	Pre 1	Pre 2	Squad A	Rec 1	Rec 2	Pre 3	Squad B
Phase 1	No manual support – continue as before	No manual support – continue as before	15 minutes manual support with one group 10 minutes – Handspring vault 5 minutes – Round off flick on floor	No manual support – continue as before	No manual support – continue as before	No manual support – continue as before	No manual support – continue as before
Phase 2	15 minutes of manual support per day with one group 5 minutes – Forward rolls 5 minutes – Jumping from high platform 5 minutes – Forward circle on bar	15 minutes of manual support per day with one group 5 minutes – Forward rolls 5 minutes – Jumping from high platform 5 minutes – Forward circle on bar	15 minutes of manual support per day with one group Vault focus 15 minutes – Handspring	15 minutes of manual support per day with one group 5 minutes – Standing flicks 10 minutes – Squat through	15 minutes of manual support per day with one group 5 minutes – Standing flicks 10 minutes – Squat through	15 minutes of manual support per day with one group 5 minutes – Forward rolls 5 minutes – Jumping from high platform 5 minutes – Forward circle on bar	15 minutes of manual support per day with one group Vault focus 15 minutes – Handspring
Phase 3	Manual support can be provided as necessary but must be pre-planned and kept to a minimum as per code of behaviour						

Continued overleaf...

Coach D continued...

	Thursday	Friday	Sunday			
	Squad A	Squad B	Squad A	Rec 3	Squad A	Squad B
Phase 1	<p>15 minutes manual support with one group</p> <p>10 minutes – Clear hip circle on bar</p> <p>5 minutes – Round off flick on floor</p>	<p>No manual support – continue as before</p>	<p>15 minutes manual support with one group</p> <p>5 minutes – Walkover on beam</p> <p>5 minutes – Front somersault on floor</p> <p>5 minutes – Upstart on bar</p>	<p>No manual support – continue as before</p>	<p>15 minutes manual support with one group</p> <p>10 minutes – Backward tumbles</p> <p>5 minutes – Clear hips on bar</p>	<p>No manual support – continue as before</p>
Phase 2	<p>15 minutes of manual support per day with one group</p> <p>Bars focus</p> <p>10 minutes on back away</p> <p>5 minutes on clear hip circle</p>	<p>15 minutes of manual support per day with one group</p> <p>Bars & Beam focus</p> <p>10 minutes on cast to handstand</p> <p>5 minutes – Cartwheel on high beam</p>	<p>15 minutes of manual support per day with one group</p> <p>Beam focus</p> <p>5 minutes – Backward walkover on high beam</p> <p>10 minutes – Tuck back from end of beam</p>	<p>15 minutes of manual support per day with one group</p> <p>5 minutes – Standing flicks</p> <p>10 minutes – Squat through</p>	<p>15 minutes of manual support per day with one group</p> <p>Floor focus</p> <p>5 minutes – Round off flick connection</p> <p>5 minutes – Straight back from trampette</p> <p>5 minutes – Front somersault walkout</p>	<p>15 minutes of manual support per day with one group</p> <p>Floor focus</p> <p>5 minutes – Handspring front</p> <p>10 minutes – Round off flick tuck</p>
Phase 3	<p>Manual support can be provided as necessary but must be pre-planned and kept to a minimum as per code of behaviour</p>					