



Heathrow Gymnastics Club

Weighing Policy

- Weight will not be discussed unless previously agreed with either a parent or guardian. Any discussion in respect to weight requires the parent or guardian to be present.
- If there is a perceived need to manage weight, this will only be done with direct input from either a GP (General Practitioner), Nutritionist or Dietician.
- If after discussing a perceived need to manage weight, a decision is made by the member/parent/guardian not to be weighed, this will in no way impact their partnership and/or future at Heathrow Gymnastics Club.
- If weighing has been agreed, the weighing process is completed by coaches that are trained in best practices for weighing protocols.
- If weighing data is to be recorded, this will be discussed with the member/parent/guardian prior to any record being made, as well as discussing how any weight related data (if gathered), is securely stored and who is given access to this data.
- If a member/parent/guardian believes that a coach has contravened the British Gymnastics Weighing guidelines, this should be immediately reported to the club Welfare Officer, Katie Newman. Katie can be contacted confidentially via phoning 0208 569 5069, or by email at welfare@heathrowgymnastics.org.uk (this email account is accessible by Katy Newman only).