



Hydration Policy

Manchester Academy of Gymnastics recognises the vital role of proper hydration in maintaining gymnast health, wellbeing and performance. This policy is aligned with the health, safety and safeguarding principles of **British Gymnastics (BG)**, our governing body, and applies to all members participating in training, events and competitions.

1. Purpose & Scope

The purpose of this policy is to ensure that all gymnasts, coaches, and staff understand the importance of maintaining proper hydration during training, competitions and club-related activities. It applies to all members of Manchester Academy of Gymnastics (MAOG), including recreational and competitive gymnasts.

2. Principles

- Hydration is essential for physical performance, concentration, recovery and overall wellbeing.
- Gymnasts should have access to water at all times during training, competitions and travel.
- Coaches are responsible for promoting and encouraging regular hydration breaks.
- Parents/guardians play an important role in ensuring gymnasts arrive well hydrated and bring a suitable drink.

3. Practical Guidelines

- Every gymnast must bring a **clearly labelled water bottle** to all sessions.
- Coaches should schedule **regular hydration breaks** every 15–20 minutes during active training.
- In hot or extended sessions, gymnasts should increase fluid intake accordingly.
- **Water** is the preferred fluid; sports drinks should only be used when appropriate for longer sessions or competitions.
- **Sugary, carbonated or energy drinks** are not permitted.
- Dehydration warning signs (headache, dizziness, fatigue, dark urine) must be recognised and addressed immediately.

4. Responsibilities

Gymnasts: bring a filled water bottle, drink regularly, and communicate if feeling unwell.

Coaches: ensure regular hydration reminders and breaks, especially in hot environments.

Parents/Guardians: ensure gymnasts hydrate before and after training and have sufficient fluids for travel and events.

Club Management: ensure adequate access to drinking water at all club facilities.

5. Education & Awareness

MAOG will educate gymnasts and parents/guardians on the importance of hydration as part of the club's wellbeing and performance programme. This includes posters, pre-competition briefings and information in club handbooks.

6. Review

This policy will be reviewed annually, or sooner if British Gymnastics updates its guidance or if an incident highlights the need for change.

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