



NEWSLETTER

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ISSUE 3 - MARCH 2021



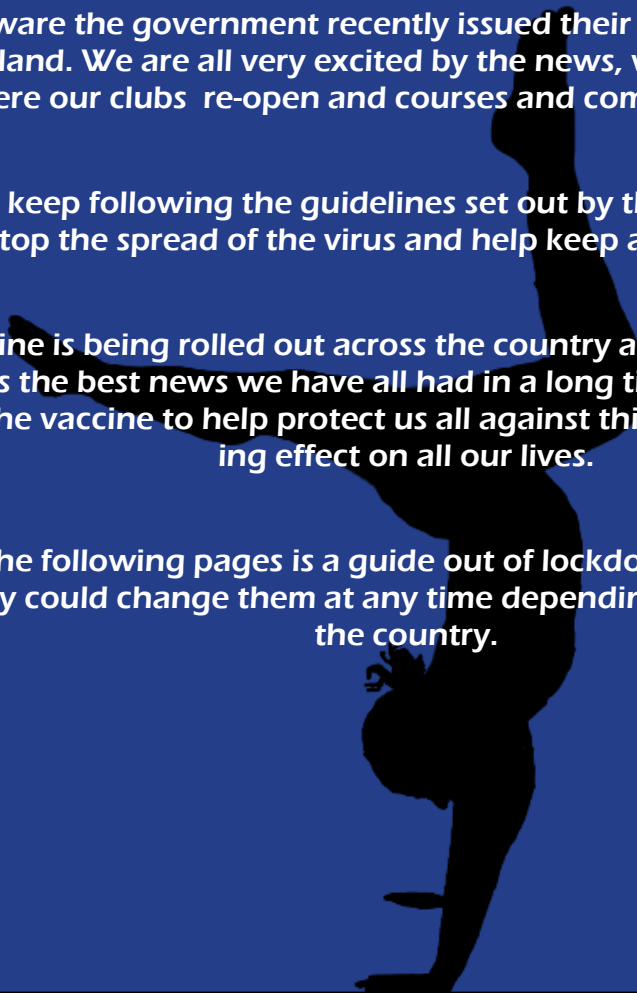
Hello and welcome to the UK Gymnastics newsletter.

As you are all aware the government recently issued their roadmap out of the current lockdown for England. We are all very excited by the news, we are looking forward to the future where our clubs re-open and courses and competitions can resume.

For now we must keep following the guidelines set out by the government, this will then enable all of us to stop the spread of the virus and help keep all our friends and families safe.

The Covid-19 vaccine is being rolled out across the country at a fantastic speed, I think you will all agree this is the best news we have all had in a long time. Finally, we are all getting the chance to get the vaccine to help protect us all against this virus that has had a devastating effect on all our lives.

Coming up in the following pages is a guide out of lockdown, these are government guidelines, and they could change them at any time depending on how the virus is affecting the country.

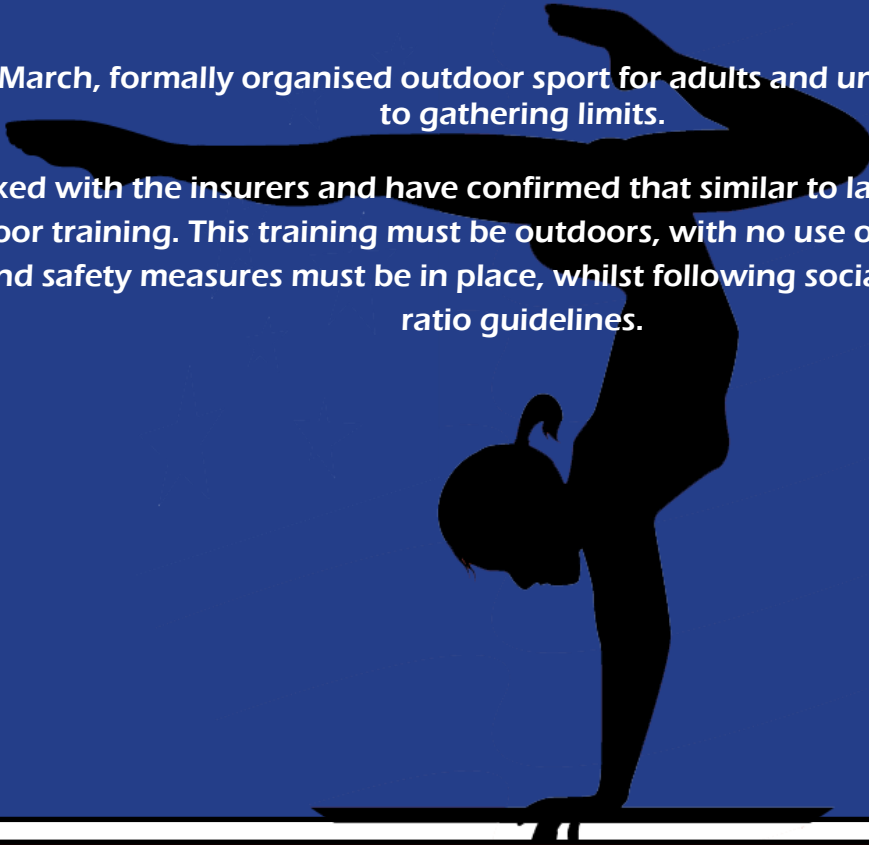


Roadmap Out Of Lockdown

29th March 2021

From the 29th March, formally organised outdoor sport for adults and under 18s will not be subject to gathering limits.

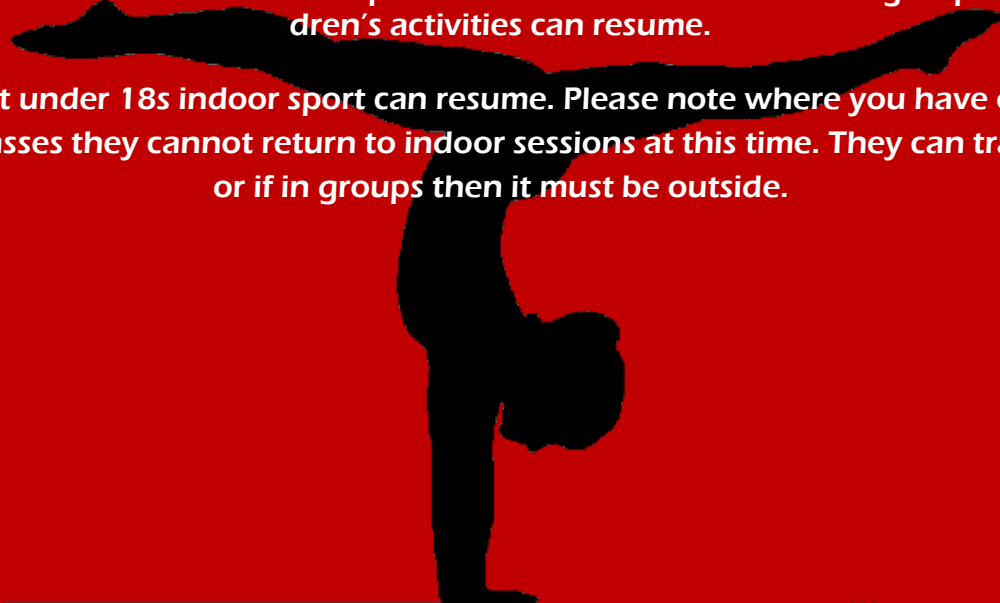
We have checked with the insurers and have confirmed that similar to last year, you will be able to conduct outdoor training. This training must be outdoors, with no use of indoor facilities. Full risk assessments and safety measures must be in place, whilst following social distancing rules and our ratio guidelines.



Not before 12th April

Indoor leisure facilities will be able to reopen to individuals and household groups only, and all children's activities can resume.

This means that under 18s indoor sport can resume. Please note where you have over 18s taking part in group classes they cannot return to indoor sessions at this time. They can train on their own or if in groups then it must be outside.



Roadmap Out Of Lockdown

Not before 17th May

Indoor adult group sports and exercise classes can resume.

Over 18s can return to indoor training.

Indoor sporting events will also be able to resume with limited numbers.

Limited competitions can return

Not before 21st June

Remaining restrictions to be lifted.

This will mean coaching courses can resume. We do not have any dates for courses yet.

Please note we will not begin announcing any in person Competitions or Courses until after the government have announced the relaxation of rules have come in to force.

For the full government guidance please visit the following link:

<https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

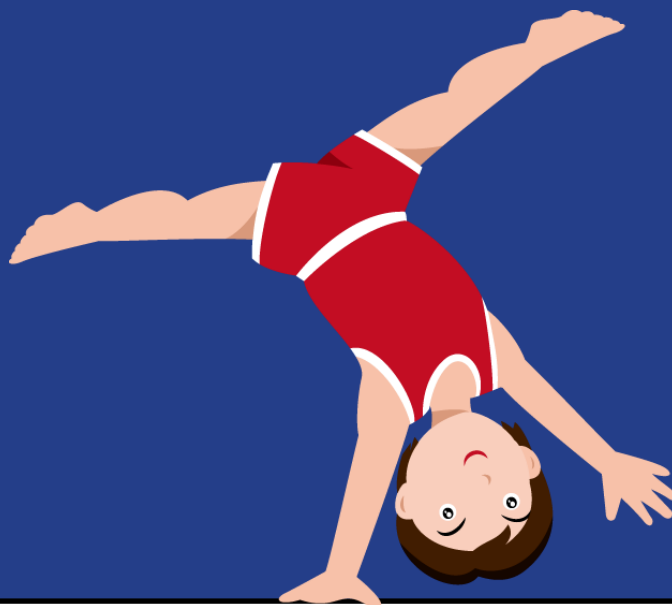




All of us here at UK Gymnastics would like to say a big thank you to everyone that has helped keep gymnastics going during these difficult times.

To all the clubs and coaches out there that have set up video sessions, competitions, and entertainment for gymnasts so they can still take part in the sport they love. We and all your members and their families are so grateful for everything you have done and continue to do.

To the parents, families and friends who have encouraged, supported, and motivated a child to take part in gymnastics. We thank you for all your effort, hard work and dedication.



Mental Health

We have all had to change the way we go about our daily lives, this has been very challenging for all of us and for many people it has had an impact on their mental health.

People are having problems such as anxiety, depression and feelings of loneliness. During these times we need to look out for each other, keep in touch and look after those who are vulnerable and lonely.

It is understandable that some people may find it difficult to talk to someone about how they are feeling. They may feel they are showing weakness or that others may not understand what they are going through.

If you would like some advice and support regarding mental health please click on the following links:

[Mind - Coronavirus and your mental health](#)

[Gov.co.uk - COVID-19: guidance for the public on mental health and wellbeing](#)

[NHS - Mental wellbeing while staying at home](#)

COVID-19 Information Links

Please click on the following links for further information:

GOV.UK - Coronavirus (COVID-19) support

NHS - Coronavirus (COVID-19) support

World Health Organization

Public Health England



Wordsearch

A	P	A	E	L	J	S	E	N	C	J	Y	F	S
N	D	A	H	D	I	U	P	N	B	D	S	L	N
O	P	L	C	A	J	O	M	O	E	R	B	M	O
H	Y	O	A	R	U	N	E	P	R	R	F	S	I
G	Y	C	O	S	E	S	D	S	N	T	G	A	T
A	Y	H	C	O	C	F	A	D	N	M	L	Y	I
S	J	M	S	L	U	O	L	E	P	B	I	O	T
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HAPPY
 OLYMPICS
 ENERGY
 GYMNAST
 FLOOR
 COMPETITION
 BEAM
 FUN
 SCORE
 JUMP
 COACH
 FAMILY
 BARS
 JUDGE
 SMILE
 RUN
 MEDAL
 FRIENDS
 SPORT
 LEAP

WORDSEARCH SOLUTION IS ON PAGE 8



Interesting Facts

Gymnastics was officially established as a sport in 1862.

Gymnastics were introduced at the 1896 Olympics.

Vaults were not used in ancient gymnastics, instead they used bulls to jump over.

The Ancient Greeks prepared their young men for war by doing gymnastics!

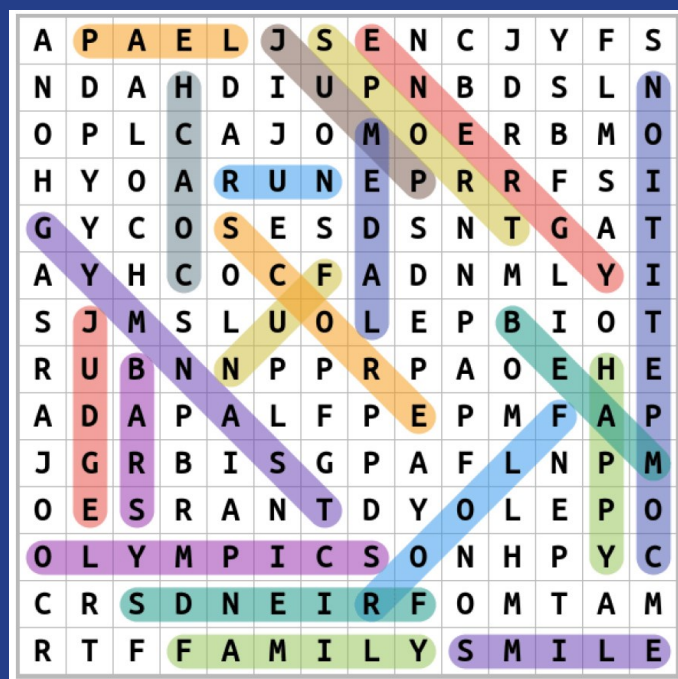
Five teams competed in the first ever gymnastics event in the Olympics of 1896. Germany won most of the medals.

The first ever non-Olympic gymnastics event was held in Antwerp, Belgium in the year 1903 and is considered as the World Championships of Gymnastics.

George Eyser of the USA won 6 medals in the 1904 Olympics and is considered as the most remarkable gymnast in history as he had won them with a wooden leg.



WORDSEARCH SOLUTION



Your Feedback

We would love to hear from you with your stories, club news, thank you messages and birthday messages.

If you would like your story to appear in our newsletter, please email dan.jordan@ukgymnastics.com

Take Care