



**POSITION STATEMENT:**

**PHYSICAL AND MENTAL  
HEALTH GUIDANCE FOR A**

**SAFE  
RE-INTEGRATION  
OF GYMNASTICS**

**AFTER COVID-19 RESTRICTIONS  
FROM TRAINING**



# PHYSICAL AND MENTAL HEALTH GUIDANCE FOR A **SAFE RE-INTEGRATION OF GYMNASTICS** AFTER COVID-19 RESTRICTIONS FROM TRAINING

USA Gymnastics' Athlete Health and Wellness Council, made up of medical and mental health professionals, program representatives and athlete representatives, has developed the following position statement to serve as a re-integration strategy for return to gymnastics training.

The documents contained herein will provide you with important information on why a gradual return to gymnastics is important, how to manage that return for your athletes, as well as other health guidance. This content is specific to physical and mental health aspects associated with a return to gymnastics. You should consult with your coach and doctor to determine the return to gymnastics process that is best for you. This document does not address infectious disease principles involving COVID-19 and the opening of gymnastics facilities. Please reference USA Gymnastics' [Member Club Considerations for a Safe Re-opening](#) document for further information regarding COVID-19.

The introduction section of this statement provides the "why". We know from sports science research that minimizing injury after a reduction in training requires a gradual return to activity.

We also know that every athlete will return to the gym having trained differently while the gym was closed and that this will necessitate an individualized approach to training. The included questionnaire will help guide you through understanding the physical training that each of your athletes sustained while they were away. It will also help you, as the coach, determine where to start with each athlete's training plan.

Also included are training plan templates for all gymnastics disciplines. These will help you determine how to safely progress each athlete through an 8-week plan of gradual training reintroduction. For beginner or compulsory-level athletes, the gradual return to competition may be 4-6 weeks. This plan may be modified for these athletes. Goals are provided for each week of the training plan and recommendations for intensity and volume, as well as discipline-specific training are provided.

Additionally, we have included information on the importance of addressing mental health as your athletes return to the gym. Just like each athlete's physical training was different during the closures, each athlete will return to the gym with unique mental health perspectives. These documents will help coaches honor each athlete's experience and navigate their return to the gym, from a mental health perspective.

Lastly, information is included on nutritional tips and common overuse injuries to be aware of as athletes return to the gym. Despite all of our best efforts, injuries may occur, especially if training is progressed too quickly. Early recognition is pivotal for a safe return.

If you have questions about this position statement, please contact: Kim Kranz, PT, Vice President of Athlete Health and Wellness, at [kkranz@usagym.org](mailto:kkranz@usagym.org).

We would like to thank the members of the Athlete Health and Wellness Council as well as the following USA Gymnastics staff and coaches for their contributions to this position statement:

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# INTRODUCTION

## WHY IS A RETURN TO GYMNASTICS TRAINING STRATEGY NECESSARY?

- Gymnastics is a high-risk sport that demands extensive preparation and training to perform safely.
- Gymnastics is a sport that requires a high level of timing and body awareness.
- Over time, gymnasts can adapt to this high volume, while allowing for adequate recovery and healing.
- It is well recognized that body composition can change in adolescent and adult athletes following prolonged restrictions from training.
- Prolonged time away from gymnastics, as short as 2-4 weeks, can create a state of “detraining”, with fitness and strength losses.
- After this prolonged absence from training, there will be a significant amount of anticipation and excitement to resume gymnastics training – including gymnasts, coaches, and family members.
- This highly anticipated return to training is prone to a process that is too quick.
- An accelerated return puts the gymnast at a high risk for injury.
- In the context of normal training cycles, a systematic training plan is required to prepare an athlete for the demands of sport. Management of training loads is necessary to avoid injury.
- In general, a healthy approach to integration of training loads can help tissues adapt through strengthening. An unhealthy approach to integration of training loads will cause weakening of tissue and injury.
- Following a restriction from training, a healthy strategy for training load reintroduction is even more necessary to avoid injury.



## WHAT IS THE PURPOSE OF THIS DOCUMENT?

The information in this document is meant to provide general strategies on how to approach a return to gymnastics following the long-term restrictions caused by the COVID-19 pandemic. The information in this document is only meant to serve as information and guidelines and must be tailored to each gymnast based on their limitations. These guidelines come with some inherent limitations:

- Every gymnast will return to training having variable levels of preparation.
- Every gymnast will return to training having maintained variable levels of gymnastics-specific activities and general fitness.
- Each gymnast will have begun their time away from the gym with variable levels of health.
- Each gymnast, during their time away, will have had variable opportunities for recovery and access to care for pre-existing injuries.
- In the context of this viral pandemic, it is important to keep in mind each gymnast's medical history and subsequent relative health risk upon return to social and sport activities.
- The timing and specifics of each gymnast's physical reintegration and training plan will be partially dependent on local, regional and national public health guidelines.
- The ability to integrate certain gymnastics-specific training approaches (i.e. training belts and pits, spotting, shared equipment) may be limited depending on public health restrictions, and therefore may alter the reintegration of certain skills.
- Skills that were previously routine and recently learned, may need to be relearned, or a return to previously completed drills and progressions may be necessary.

# ASSESSMENT TOOLS

## Pre-Return Fitness Questionnaire:

The questionnaire in [Appendix 1](#) may be used to help assess your athletes' level of fitness upon return to the gym. Athletes who were unable to maintain levels of fitness during closures should be started at a lower level and progressed more slowly than athletes who were able to spend a substantial amount of time on fitness activities.

## Rate of Perceived Exertion (RPE)

Rate of Perceived Exertion (RPE) can help coaches quickly assess how challenged an athlete feels during a training session. If the athlete's RPE does not match the coach's intended RPE, adjust training intensity appropriately to reduce the risk of injury.

- Ask the athlete to rate the intensity of the practice on a scale of 1-10, with 10 being the most demanding practice. This is the RPE value.
- If the athlete's RPE value matches, or is within 1 point of your intended RPE, continue with your training plan. (Example: Coach's intended RPE for training session is 4, athlete RPE is between 3-5)
- If the athlete's RPE value is 2 points or more higher than your intended RPE, reduce training intensity either through volume or load. (Example: Coach's intended RPE is 4, athlete RPE is 6 or higher)
- If the athlete's RPE value is 2 points or more lower than your intended RPE, increase training intensity either through volume or load. (Example: Coach's intended RPE is 4, athlete RPE is 2 or lower)

It is important to understand, however, that RPE measurements should NOT be the only factor that influences adjustments to training plans.



## PROPOSED GYMNASTICS REINTEGRATION TEMPLATE

The following gymnastics reintegration template depicts a general progression strategy that should guide your return to gymnastics training plan. Specific templates for each discipline are listed in the Appendix. There are a couple of points and assumptions that guided the development of this template:

- This template assumes a gymnast has maintained ~30% of their normal level of fitness and preparation.
- This template depicts a progression in volume for a gymnast that normally would be training 5 days per week, 3 hours per day.
- This template depicts a strategy of increasing training loads by 10% each week to allow for appropriate and safe adaptation.
- This is a proposed 8-week timeline for reintegration.
- One of the goals of the first two weeks is to monitor and assess how each athlete is progressing, in an individualized way.
- The end of the two weeks is a good moment to re-evaluate the initial success of the progressive return.
- Throughout the progression it will be important to regularly check in with your gymnasts to assess their physical and mental adaptation and adjust accordingly. This reevaluation of the reintegration plan should occur every 2 weeks.
- If your gym has access to injury prevention therapy programs, these should be prioritized during the first 2-4 weeks of reintegration.
- The reintegration of all aspects of gymnastics training and the overall timeline should vary for each individual gymnast depending on the level of fitness they were able to maintain during the time of prolonged restriction.
- An environment of early reporting of pain and/or injury should be encouraged.
- The template addresses the following aspects of gymnastics training:
  - Assessment
  - Warm-up
  - Cardiovascular fitness
  - Strengthening
  - Gymnastics event-specific reintegration
  - Days per week & hours per day

# POST-COVID-19 REINTEGRATION TEMPLATE

WEEK	GOAL	ACTIVITY
1	Integration of Fitness & Gymnastics-Specific Adaptations	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Assess athletes’ current level of fitness on an individual level</li> <li>– Assess how athletes are doing mentally with return to gym</li> <li>– Light warm-up activities with mostly static stretching.</li> <li>– Event or discipline-specific fundamentals</li> <li>– Return to drills and timers</li> <li>– Focus on fun!</li> <li>– Limited impact</li> <li>– Soft landings</li> </ul> <p>Strengthening: 30%</p> <p>Overall Volume: 30%</p> <ul style="list-style-type: none"> <li>– 3-4 practice sessions for 1 hour (Total: 3-4 hours/week)</li> </ul>
2	Integration of Fitness & Gymnastics-Specific Adaptations  Skill Re-Development	<p>Monitor body soreness and adjust load accordingly</p> <p>Check in with your athlete both physically and mentally, reassess the success of the progression, adjust accordingly</p> <p>Overall:</p> <ul style="list-style-type: none"> <li>– Event or discipline-specific basics</li> <li>– Continue drills and timers</li> <li>– Continue to limit level of impact</li> <li>– Increase warm-up and amount of active stretching gradually</li> </ul> <p>Strengthening: 40%</p> <p>Overall Volume: 40%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 1-2 hours (Total: 4-8 hours/week)</li> </ul>
3	Further Skill Re-Development  Continued Strengthening & Fitness Return	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Progress intensity of warm-up activities and complexes. Low numbers with minimal impact</li> <li>– Continue to build back skill proficiency</li> <li>– Continue to build fitness/endurance</li> <li>– Continue to build gymnastics-specific timing with increased exposure</li> </ul> <p>Strengthening: 50%</p> <p>Volume: 50%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2 hours (Total: 8 hours/week)</li> </ul>
4	Further Skill Re-Development  Integration of Skill Sequences	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with your athlete both physically and mentally, reassess the success of the progression, adjust accordingly</li> <li>– Continue to build endurance</li> <li>– Start integration of higher volume of impact and landings in warm-ups and training</li> <li>– Start integration of harder surfaces</li> </ul> <p>Strengthening: 60%</p> <p>Volume: 60%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>

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*Reminder* This template assumes:

- Gymnast is returning with 30% of normal fitness
- Gymnast normally trains 15 hours per week

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WEEK	GOAL	ACTIVITY
5	Further Integration of Skill Sequences	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build endurance</li> <li>– Continue to increase volume of impact and landings</li> </ul> <p>Strengthening: 70%</p> <p>Volume: 70%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>
6	Sustained Integration of Sequences Introduction of Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with your athlete both physically and mentally, reassess the success of the progression, adjust accordingly</li> <li>– Build endurance and proficiency with higher volume of skill sequences and partial routines.</li> <li>– Build tolerance of higher impact volume</li> </ul> <p>Strengthening: 80%</p> <p>Volume: 80%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
7	Sustained Integration of Sequences & Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build proficiency, endurance, &amp; adaptation</li> </ul> <p>Strengthening: 90%</p> <p>Volume: 90%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
8	Return to Full Training	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Final integration of full routine training</li> <li>– 100% volume of gymnastics load.</li> </ul> <p>Strengthening: 100%</p> <p>Volume: 100%</p> <ul style="list-style-type: none"> <li>– 5 practice sessions for 3 hours (Total: 15 hours/week)</li> </ul>

## DISCIPLINE-SPECIFIC TEMPLATES

Acrobatic – **APPENDIX 2** (pg 17)

Artistic Men's – **APPENDIX 3** (pg 20)

Artistic Women's – **APPENDIX 4** (pg 23)

Parkour – **APPENDIX 5** (pg 26)

Rhythmic – **APPENDIX 6** (pg 28)

Trampoline & Tumbling – **APPENDIX 7** (pg 30)



## MENTAL HEALTH

Mental health plays an important role in people's ability to balance life and maintain good physical health. The USA Gymnastics Athlete Health and Wellness Council recognizes the variety of mental health challenges that athletes and coaches will face during this critical time. As part of this reintegration strategy, we have worked with the United States Olympic and Paralympic Committee (USOPC), and Sports Psychologist, Dr. Karen Cogan, to provide two accompanying documents containing mental health strategies for both athletes and coaches. These documents contain specific tips and valuable information for a return to training. These strategies are highly recommended to support the mental health needs of your athletes and coaches.



**USOPC**

SPORT PSYCHOLOGY

# NEWS AND UPDATES

## For Gymnasts: The Mental Side of Returning to Training

It is a strange time in our world. We have spent weeks at home, plans have been changed countless times, and competitions at all levels have been postponed or cancelled. Through this chaos no one has been training in gyms. Now we are talking about going back. That brings a range of emotions, including both excitement and fear. Gymnasts most likely feel excited to resume training and regain some patterns of normalcy. At the same time, there will be fears about so many unknowns and potential risks. We WILL get back, but we will face some challenges.

### Tips for Returning to Training:

1. Everyone is an individual. You will respond as you do. Your feelings are valid! Likewise, your teammates' feelings are valid...and they may be different than yours. Accept each other where you are. That is exactly where you each need to be.
2. Attend to your anxieties and worries. Talk to your coaches, parents and trusted friends. Make sure you have a voice. If you feel something, say something. Then find solutions together.
3. We will all have to adapt. The most important muscle in adapting is the mental muscle. When we face adversity, we become stronger, and that builds resilience.
4. Communicate with coaches and staff.
5. Physically isolate. But don't socially disconnect. Be creative in staying connected yet safe.
6. Realize that your body won't feel the same after time off. Be kind to yourself and manage expectations to be realistic about what you can achieve when training resumes.
7. Similarly, your confidence might not be where it was. Be patient and be kind to yourself. Your confidence will return with more training time.

### Get Your Mental Game up to Speed:

During times when you can't train physically, you can train mentally.

1. Use imagery. Imagery is creating a picture in the mind's eye. While you are waiting to return to the gym, close your eyes and imagine what it will be like to come back. Use all your senses and imagine walking into the gym for the first time and what the equipment feels like as you touch it again.
2. Set goals. Remember to be realistic. The goals you had on the day the gym shut down will not be the goals you have now. Be smart and patient with yourself.
3. Stay present. It's easy to go back to what could have been or what you could do before. Be careful about this type of "time travel" and stick with what is.
4. Use mindfulness. Mindfulness involves intentionally focusing on the present moment and doing it nonjudgmentally. Often the focus point is the breath. Develop a mindfulness practice to stay present. Two good apps are Insight Timer and Headspace.

**Questions? Contact:** Karen Cogan, USOPC Sport Psychologist, [karen.cogan@usopc.org](mailto:karen.cogan@usopc.org)

**For Resources go to:**  
[TeamUSA.org/MentalHealth](https://TeamUSA.org/MentalHealth)

## For Gymnastics Parents: The Mental Side of Returning to Training

It is a difficult time in our world on a number of levels. We have spent weeks at home, plans have been changed countless times, and competitions at all levels have been postponed or cancelled. Through this chaos no one has been training in gyms. Now we are going back. That brings a range of emotions including both excitement and fear. Gymnasts most likely feel excited to resume training and regain some patterns of normalcy. At the same time, there will be fears about so many unknowns and potential risks. As a parent you will be there to support your gymnast, and that may not always be easy. We WILL get back, but we will face some challenges. Here are a few considerations as you support your gymnast in going back to the gym:

### Tips for Returning to Training:

1. Everyone is an individual. You will respond as you do to the idea of going back. Your feelings are valid! Your gymnast will have feelings as well...and they may be different than yours. Accept each other where you are. That is exactly where you each need to be.
2. Attend to your gymnast's anxieties and worries. Talk to your child and make sure he/she has a voice. Then talk to the coaches and staff. If you feel something, say something! And find solutions together.
3. We will all have to adapt. Getting back to the gym is going to involve more pre-cautions and may feel more complicated. The most important muscle in adapting is the mental muscle. When we face adversity and work with it in our mind, we become stronger and that builds resilience.
4. Communicate with your gymnast, the coaches and staff. Over-communicate if necessary.
5. Physically isolate. But don't socially disconnect. Be creative in staying connected yet safe.
6. Realize that your gymnast's body won't feel the same after time off. You can assist your gymnast in managing expectations. Help the gymnast to be realistic about what can be achieved when training resumes.
7. Similarly, his/her confidence might not be where it was. Help gymnasts be patient and kind to themselves. Confidence will return with more training time.

### Supporting Your Gymnast:

1. Support your gymnast in using a mental training program. Athletes who can't train physically, can train mentally. Depending on what works for each individual, you can encourage the use of mental imagery, goal setting, and mindfulness training. Some good apps for mindfulness are Insight Timer, Healthy Minds, and Headspace.
2. Check in on your gymnast's physical needs. If there is a nagging injury or nutrition questions, set up consults with professionals in those areas.
3. You are your gymnast's biggest supporter. That also means you may get the brunt of his/her frustrations regarding return to training.
  - a. When you see frustration building, take your own mindful breath before reacting.
  - b. Talk to your child. Listen before jumping to solutions.
  - c. Address the emotion (e.g., "I see you are frustrated [or angry, scared]. Tell me about that.")
  - d. Allow for emotional expression. You may be the safest person for your child to vent to. Be ready for tears and strong emotion. Sit with your child through that. (Note this part may be difficult for you but stay with it!)
  - e. There may not be answers to some concerns right now and that is difficult for a parent.
  - f. If there are solutions, then eventually shift to talking through strategies and an action plan. Work with your child to choose a course of action.

**Questions? Contact:** Karen Cogan, USOPC Sport Psychologist, [karen.cogan@usoc.org](mailto:karen.cogan@usoc.org)

**For Resources go to:** [TeamUSA.org/MentalHealth](https://TeamUSA.org/MentalHealth)



**USOPC**

SPORT PSYCHOLOGY

# NEWS AND UPDATES

## For Gymnastics Coaches: The Mental Side of Returning to Training

It is a strange time in our world. We have spent weeks at home, plans have been changed countless times, and competitions at all levels have been postponed or cancelled. Through this chaos no one has been training in gyms. Now we are talking about going back. That brings a range of emotions, including both excitement and fear. Coaches most likely feel excited to resume training and regain some patterns of normalcy. At the same time, there will be fears about so many unknowns and potential risks. We WILL get back, but we will face some challenges.

### Tips for Returning to Training:

1. Everyone is an individual. You will respond as you do. Your feelings are valid! Likewise, your athletes' feelings are valid...and they may be different than yours. Accept each other where you are. That is exactly where you each need to be.
2. Attend to your anxieties and worries and those of your athletes. Talk to the athletes, their parents, your staff and trusted confidants. Make sure everyone has a voice. If you feel something, say something. Then find solutions together.
3. We will all have to adapt. The most important muscle in adapting is the mental muscle. When we face adversity we become stronger and that builds resilience.
4. Communicate with athletes, parents and staff.
5. Physically isolate. But don't socially disconnect. Be creative in staying connected yet safe.
6. Realize that your gymnasts' bodies will be different. Be kind and encouraging. Help athletes manage expectations, be realistic, preach acceptance and patience.
7. Similarly, gymnasts' confidence might not be where it was. Be patient with them and normalize this experience. Confidence will return with more training time.

### Encourage Gymnasts to Get Their Mental Game Up to Speed:

1. Remind gymnasts: When you can't train physically, you can train mentally. Coaches can do this too!

Encourage athletes to:

2. Use imagery. Imagery is creating a picture in the mind's eye. While gymnasts are waiting to return to training, they can imagine what it will be like to come back. Using all the senses makes it more realistic. They can imagine walking into the gym for the first time and what it will feel like to touch the equipment and practice skills again.
3. Set goals. Remember to be realistic. The goals gymnasts had on the day gyms shut down will not be the goals they have now. Be smart and patient with your athletes and yourself in re-setting goals.
4. Stay present. It's easy to go back to what could have been or what you could do before. Be careful about this type of "time travel" and stick with what is.
5. Practice mindfulness. Mindfulness involves intentionally focusing on the present moment and doing it nonjudgmentally. Often the focus point is the breath. Develop a mindfulness practice to stay present. Two good apps are Insight Timer and Headspace.

**For resources go to:** [TeamUSA.org/MentalHealth](https://TeamUSA.org/MentalHealth)

**For questions contact:** [Karen.cogan@usopc.org](mailto:Karen.cogan@usopc.org)

# INJURY RECOGNITION FACTS

## FOR POST-COVID-19 GYMNASTICS REINTEGRATION

Even with a sound strategy for return to gymnastics, following prolonged restrictions, there will inevitably be a risk for injury. Overuse injuries are a reality in our sport, but more commonly can occur during times of quick reintegration, or when muscles, tendons and ligaments are not well adapted to training loads. It will be important to educate yourself on how to recognize these common injuries. The following provides injury facts that would prompt a medical assessment when recognized in your gymnast.

### Bone Stress Fractures:

- A stress fracture is a chronic overload or weakening of the bone, resulting in a spectrum of bone pain.
- Stress fractures are associated with underlying changes of the bone, ranging from swelling to actual fracturing.
- In gymnastics, stress fractures are commonly found in the foot, tibia, wrist, and elbow
- They are characterized by slowly worsening (days to weeks) pain that becomes more isolated over time.
- Stress fracture pain slowly causes more and more intolerance of performing gymnastics.
- The pain can start to occur with daily activities, outside of the gym.

### Growth Plate Injury:

- Growth plate injuries can occur in athletes up through approximately age 14 in girls and 16 in boys, later for both genders if growth is delayed.
- Growth plates are present, or “open” in growing children at the ends of the long bones in the body and are softer than fully formed bone. They are often more susceptible to injury in children, than bone or ligaments. As such, they are a common location of injury in still-growing athletes.
- Common areas of chronic growth plate injuries in gymnasts are the ankles, wrists and elbows, but can occur at any growth plate.
- Chronic growth plate injuries are associated with a gradual onset of pain, with possible ups and downs of discomfort depending on the volume and type of activity.
- Growth plate injuries can also occur acutely and are sometimes associated with a fracture.

### Apophysitis Pain:

- An apophysis is a protuberance in an area of bone growth, where a tendon attaches to the bone.
- In children, typically between the ages of 9 and 15, the growth plate at the apophysis is still open and can become inflamed through chronic pulling of the tendon.
- Apophysitis is the subsequent inflammation of the growth plate in the area, which can result in pain.
- Common areas for apophysitis in gymnasts are at the bony protuberance of the lower leg bone (Osgood-Schlatter’s), the kneecap (Sinding-Larsen-Johansson syndrome), the upper hamstring (at the attachment to the pelvis), and the back of the heel (Sever’s disease).
- Apophysitis pain will begin gradually and will worsen with activity.
- Apophysitis pain may resolve rather quickly with rest but may return rather quickly with use.

### Spondylolysis (Spine Stress Fracture):

- Overuse back pain can be common in the sport of gymnastics.
- Some cases of back pain can be explained by muscular strain, without concern for structural abnormalities.
- However, structural abnormalities can be a cause of back pain in gymnasts and underlying stress fractures are at the top of the list for common causes.
- Most stress fractures of the spine in gymnasts occur in the lower back, called the lumbar spine.
- Lumbar spine stress fractures are caused by repetitive hinging, rotation, and compression that occurs during gymnastics participation, typically with hyperextended movements.
- Like other stress fractures, pain slowly worsens (days to weeks) and becomes more isolated over time.
- Pain results in slowly worsening tolerance of gymnastics over time.

### Tendonitis/Tendinopathy:

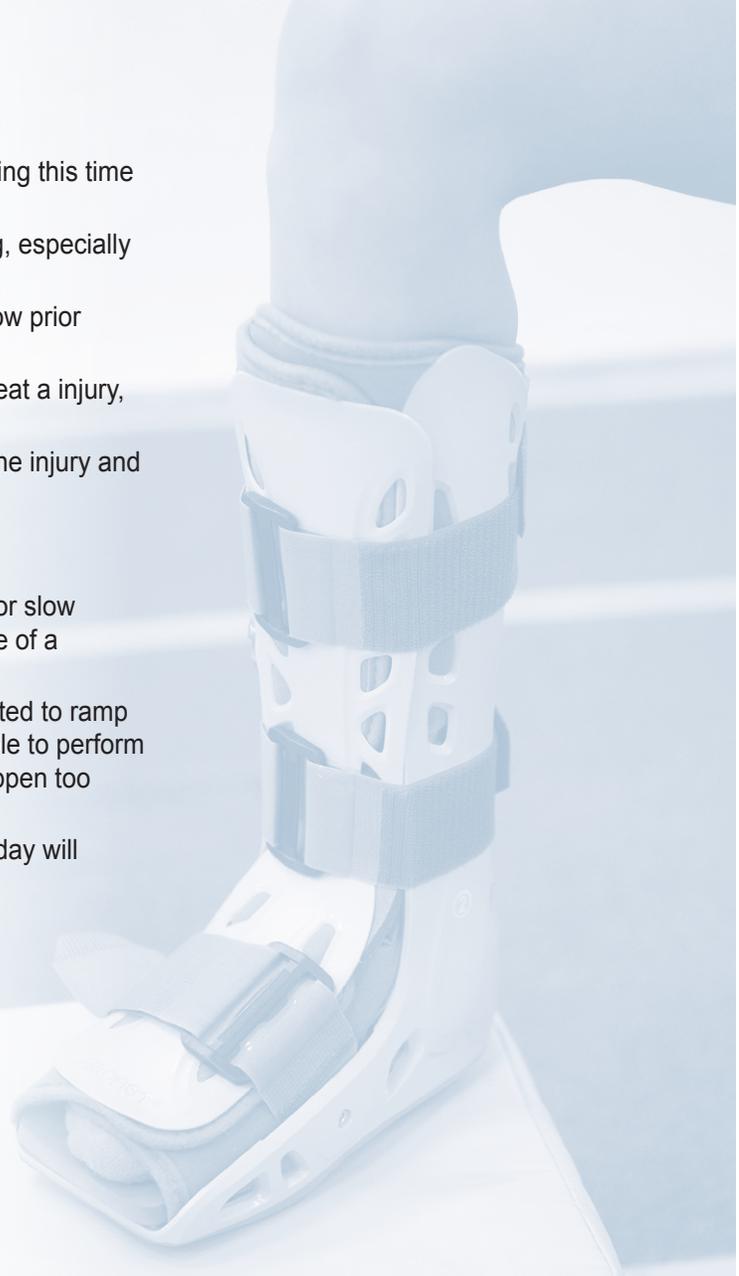
- Tendonitis refers to acute inflammation of a tendon.
- Tendonitis can be quite painful despite an absence of direct trauma.
- Tendinopathy is a general term that refers to a painful tendon, usually used in the context of a tendon that has overuse structural breakdown resulting in pain.
- Both are common in gymnastics and both can occur during times of reintegration following restrictions in training.
- Pain from a tendon tends to be isolated to the tendon structure and is easily provoked when performing any movement that involves the muscle and/or joint that is associated with that tendon.

## Recurrence of Prior Injury:

- Injuries that were present prior to gym closure may have resolved during this time of gymnastics restriction.
- Injuries that appear to have resolved may recur upon return to training, especially if training is ramped up too quickly.
- Upon return to the gym, communicate with each gymnast to review how prior injuries responded to rest, and adapt their training accordingly.
- It is important to integrate rehabilitation programs that were used to treat a injury, into a gymnast's return-to-training plan.
- Slowly reintegrate the activities that were previously associated with the injury and monitor carefully for return of pain.

## Avoidance of Overtraining:

- Take time upon re-opening to hold a team meeting to discuss a plan for slow integration of gymnastics and educate your athletes on the importance of a gradual return to training, for their safety.
- Athletes will be eager to get back to gymnastics and will be very tempted to ramp up quickly or jump back too soon to skills that they were previously able to perform prior to gym closures. As a coach, it's very important to not let this happen too quickly.
- Send a clear message that pushing beyond your training plan for the day will not be permitted and can result in injury.
- Focus on form and technique early on rather than skill progression. Ensure athletes regain flexibility, strength and timing before trying more difficult skills. If they can't perform simple skills with good technique, do not progress to more difficult skills.



## NUTRITION & SLEEP

Good nutrition and adequate sleep are necessary for normal growth and development, as well as injury prevention. The following are a few important principles to keep in mind while returning back to gymnastics:

- A gymnast will need adequate fueling with healthy food & snacks at regular intervals throughout day
- A gymnast should avoid skipping meals
- Staying fueled will provide enough energy to sustain a return to training and avoid injury
- A gymnast should get adequate sleep which can help with injury prevention, mental health, and immune response
- Hydration is key, with water as the priority

Additional information from the USOPC can be found at: [teamusa.org/nutrition](https://teamusa.org/nutrition)

## APPENDIX 1:

# PRE-RETURN FITNESS QUESTIONNAIRE

The purpose of this document is to help your coach determine the appropriate level of activity to safely resume your training. This information will only be used by your coach and will not be shared with anyone else. Please provide information that is as accurate as possible. If gymnast is a minor, form should be completed by a parent or guardian.

Athlete Name: \_\_\_\_\_

1. Did you have any gymnastics equipment in your home, and did you do any type of gymnastics-specific training at home?

Yes  No  N/A

If yes, approximately how many days per week? \_\_\_\_\_

Please list details. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. Did you maintain cardiovascular fitness (ie. run, bike, swim, etc.)?

Yes  No

If yes, approximately how many days per week? \_\_\_\_\_

Please list details. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. Did you maintain a log of your workouts?

Yes  No

If yes, please provide a copy of your daily log.

4. Did you maintain a strengthening program?

Yes  No

If yes, approximately how many days per week? \_\_\_\_\_

Please list details. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. Did you play/participate in any activity training besides gymnastics (i.e., another sport, virtual class, dance training) during your time away from the gym?

Yes  No

Please list details. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. Do you have a rehabilitation program for a pre-existing injury or do you have a new injury?

Yes  No

Please list details. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

7. On a scale from 0-10, how fit do you feel at this point, compared to when you had to stop doing gymnastics? (10 = As fit as when I stopped, 0 = I have maintained no fitness)

0  1  2  3  4  5

6  7  8  9  10

8. Are there skills or activities you are hesitant to attempt in the early stages of your return to training?

Yes  No

Please list details. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

9. What can your coach do to help ease your fears or anxiety, if you have any, about returning to training?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. Please list any other concerns you may have about returning to training.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## APPENDIX 2: POST-COVID-19 REINTEGRATION TEMPLATE

# USA ACROBATIC GYMNASTICS

This plan assumes that during weeks 1 and 2 the athletes will not be allowed to have physical contact with each other. Always re-check the athlete's strength and flexibility to create a baseline before increasing the workload. What was normal for an athlete prior to the shutdown may not be the same at this point.

WEEK	GOAL	ACTIVITY
1	Integration of Fitness & Gymnastics-specific Adaptations	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Assess athletes' current level of fitness on an individual level</li> <li>– Assess how athletes are doing mentally with return to gym</li> <li>– Focus on fun!</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Tops – Emphasis on flexibility/oversplits, blocks, air awareness on trampoline, floor basics, tumbling drills</li> <li>– Bases – Emphasis on strength and flexibility, basing positions/transitions, floor basics, tumbling drills</li> <li>– Dynamic timing drills standing facing each other (top practices their bend and jumps and bases follow the timing with their throw; for trios, bases stand apart but are working in timing together</li> <li>– Choreography sequences in front of the mirror (no contact)</li> </ul> <p>Strengthening: 30%</p> <p>Overall Volume: 30%</p> <ul style="list-style-type: none"> <li>– 3-4 practice sessions for 1 hour (Total: 3-4 hours/week)</li> </ul>
2	Further Integration of Fitness & Gymnastics-specific Adaptations  Start Skill Re-development	<p>Monitor body soreness and adjust load accordingly</p> <p>Overall:</p> <ul style="list-style-type: none"> <li>– Event or discipline-specific basics</li> <li>– Continue drills and timers</li> <li>– Continue to limit level of impact</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Tops – Increase the number of shapes/presses in a row on blocks; increase level of tumbling using tumble or air track; individuals</li> <li>– Bases – Increase strength load, pairs sliding to split and other base transitions with weights/bar; tumbling and individuals</li> <li>– Continue dynamic timing drills.</li> <li>– Choreography sequences in front of the mirror (no contact)</li> </ul> <p>Strengthening: 40%</p> <p>Overall Volume: 40%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 1-2 hours (Total: 4-8 hours/week)</li> </ul>

## APPENDIX 2: POST-COVID-19 REINTEGRATION TEMPLATE – USA ACROBATIC GYMNASTICS

WEEK	GOAL	ACTIVITY
3	<p>Further Skill Re-development</p> <p>Continued Strengthening and Fitness Return</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Progress intensity of warm-up activities</li> <li>– Low numbers with minimal impact</li> <li>– Continue to build back skill proficiency</li> <li>– Continue to build fitness/endurance</li> <li>– Continue to build gymnastics-specific timing</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Dynamic - timers, straight jumps, drills</li> <li>– Balance – basic holds; transitions with basic shapes or supported drill shapes such as “monkey”; pair mount timers; group basing positions and transitions without top then add simple top shape to pyramids</li> <li>– Start choreography sequences with no skills (breaking the routine into 3 parts)</li> </ul> <p>Strengthening: 50%</p> <p>Volume: 50%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2 hours (Total: 8 hours/week)</li> </ul>
4	<p>Integration of Skill Sequences</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Continue to build endurance</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Dynamic – add basic saltos in belt or to mats when ready</li> <li>– Balance – Start working back up to harder balance skills using mats when needed</li> <li>– Continue with dance thru sequences. Add basic balance skills - for example if you do handstand slide to split, begin this week with straddle slide to split in sequence.</li> </ul> <p>Strengthening: 60%</p> <p>Volume: 60%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>
5	<p>Further Integration of Skill Sequences</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build endurance</li> <li>– Continue to increase volume of impact and landings</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Dynamic – Continue with basic saltos concentrating on perfecting timing</li> <li>– Balance – Continue building up to higher level balance skills</li> <li>– Dance thru sequences with dynamic timers and simple balance skills</li> </ul> <p>Strengthening: 70%</p> <p>Volume: 70%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>

## APPENDIX 2: POST-COVID-19 REINTEGRATION TEMPLATE – USA ACROBATIC GYMNASTICS

WEEK	GOAL	ACTIVITY
6	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Build endurance and proficiency with higher volume of skill sequences and partial routines.</li> <li>– Continue to build skill proficiency</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Dynamic – Begin to work twists and multiple saltos in belt; add timers to dance sequences</li> <li>– Balance – Sequences with full balance skills as ready</li> <li>– Combined – Continue with sequences with balance skills and dynamic timers or simple elements</li> </ul> <p>Strengthening: 80%</p> <p>Volume: 80%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
7	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build proficiency, endurance, &amp; adaptation</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Dynamic – Continue to work higher level dynamic skills in belt or with safety mats</li> <li>– Add dynamic skills to dance sequences one by one</li> <li>– Balance – Begin running balance routines putting in last skill of the routine first and working backwards until all skills are in routine</li> <li>– Combined – Run routines with balance skills and dynamic timers</li> </ul> <p>Strengthening: 90%</p> <p>Volume: 90%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
8	Return to Full Training	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Final integration of routine training and 100% volume of gymnastics load.</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Dynamic – Bigger skills start to come out of belt as confidence is gained</li> <li>– Run dynamic routines starting with the last skill and adding each skill in until all skills are in routine</li> <li>– Balance – Begin running full balance routines with all skills</li> <li>– Combined – Run full routines with balance skills and add dynamic in one skill at a time based on readiness</li> </ul> <p>Strengthening: 100%</p> <p>Volume: 100%</p> <ul style="list-style-type: none"> <li>– 5 practice sessions for 3 hours (Total: 15 hours/week)</li> </ul>

**APPENDIX 3: POST-COVID-19 REINTEGRATION TEMPLATE**  
**USA MEN'S ARTISTIC GYMNASTICS**

WEEK	GOAL	ACTIVITY
1	Integration of Fitness & Gymnastics-specific Adaptations	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Assess athletes’ current level of fitness on an individual level</li> <li>– Assess how athletes are doing mentally with return to gym</li> <li>– Light warm-up activities with mostly static stretching.</li> <li>– Event or discipline-specific fundamentals</li> <li>– Return to drills and timers</li> <li>– Focus on fun!</li> <li>– Limited impact</li> <li>– Soft landings</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Movement and Range of Motion Activities</li> <li>– Soft surface for all landings and drills</li> <li>– No VT table usage</li> <li>– No SR Swing Allowed</li> <li>– Create ring support stability</li> </ul> <p>Strengthening: 30%</p> <p>Overall Volume: 30%</p> <ul style="list-style-type: none"> <li>– 3-4 practice sessions for 1 hour (Total: 3-4 hours/week)</li> </ul> <p><u>KEY POINT</u></p> <ul style="list-style-type: none"> <li>• Weeks 1-4: Alternate FX/V, PH/PB, R/HB on opposite days.</li> <li>• Weeks 5-8: Begin to lift the alternating schedule but consider alternating between a full workout on one event and drills with low impact and volume on the other event</li> </ul>
2	Further Integration of Fitness & Gymnastics-specific Adaptations  Start Skill Re-development	<p>Monitor body soreness and adjust load accordingly</p> <p>Overall:</p> <ul style="list-style-type: none"> <li>– Event or discipline-specific basics</li> <li>– Continue drills and timers</li> <li>– Continue to limit level of impact</li> <li>– Increase warm-up and amount of active stretching gradually</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Incorporate basic swing and skill drills based upon level</li> <li>– Soft surface for all landings and drills</li> <li>– No VT Table usage</li> <li>– Begin introducing low SR swing, bail drills with swing</li> <li>– Continue ring support stability</li> </ul> <p>Strengthening: 40%</p> <p>Overall Volume: 40%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 1-2 hours (Total: 4-8 hours/week)</li> </ul>

## APPENDIX 3: POST-COVID-19 REINTEGRATION TEMPLATE – USA MEN’S ARTISTIC GYMNASTICS

WEEK	GOAL	ACTIVITY
3	<p>Further Skill Re-development</p> <p>Continued Strengthening and Fitness Return</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Progress intensity of warm-up activities and complexes. Low numbers with minimal impact</li> <li>– Continue to build back skill proficiency</li> <li>– Continue to build fitness/endurance</li> <li>– Continue to build gymnastics-specific timing with increased exposure</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Basic skills with basic skill sequences</li> <li>– Begin low repetitions of VT table impacts</li> <li>– Soft Surface landings everywhere</li> <li>– Continue tumbling on soft surfaces</li> <li>– Beginning SR swing drills and basic skills</li> <li>– Continue development of ring support stability</li> </ul> <p>Strengthening: 50%</p> <p>Volume: 50%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2 hours (Total: 8 hours/week)</li> </ul>
4	<p>Integration of Skill Sequences</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Continue to build endurance</li> <li>– Start integration of higher volume of impact and landings in warm-ups and training</li> <li>– Start integration of harder surfaces</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Begin basic skill refinement</li> <li>– Continue basic skill sequences</li> <li>– Introduce drills for higher level skills</li> <li>– Keep numbers of skills at a minimum</li> <li>– Continue use of soft surfaces for upper body impacts and all event dismount landings</li> <li>– SR focus on swing, 1/2 or 3/4 bails and support stability</li> </ul> <p>Strengthening: 60%</p> <p>Volume: 60%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>
5	<p>Further Integration of Skill Sequences</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build endurance</li> <li>– Continue to increase volume of impact and landings</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Begin putting together 2-3 part sequences</li> <li>– FX pass building – begin to incorporate low volume of higher impact surfaces</li> <li>– SR Bails for giants and dismounts</li> <li>– Begin ring-specific strength development drills</li> <li>– Begin to integrate low volume of higher impact landings</li> <li>– Slowly increase number of events per training session</li> </ul> <p>Strengthening: 70%</p> <p>Volume: 70%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>

## APPENDIX 3: POST-COVID-19 REINTEGRATION TEMPLATE – USA MEN’S ARTISTIC GYMNASTICS

WEEK	GOAL	ACTIVITY
6	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Build endurance and proficiency with higher volume of skill sequences and partial routines.</li> <li>– Build tolerance of higher impact volume</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Continue FX pass development, continue low volume of higher impact surfaces</li> <li>– Continue to integrate higher impact landings</li> <li>– Continue ring-specific strength development drill</li> <li>– Consider 3-5 part sequence development</li> <li>– Continue to increase number of events per training session</li> </ul> <p>Strengthening: 80%</p> <p>Volume: 80%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
7	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build proficiency, endurance, &amp; adaptation</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Higher volume of time per event</li> <li>– Continue integration of 3-5 part sequences</li> <li>– Slowly increase volume of landings and impact</li> <li>– Begin routine development conditioning</li> <li>– Continue ring-specific strength development</li> </ul> <p>Strengthening: 90%</p> <p>Volume: 90%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
8	Return to Full Training	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Final integration of full routine training and 100% volume of gymnastics load.</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Open to full routine development</li> <li>– Open to new skill &amp; upgrade development</li> <li>– No restrictions on landing surface</li> <li>– Normal # of events per training</li> <li>– Normal volume of time spent on event rotations</li> </ul> <p>Strengthening: 100%</p> <p>Volume: 100%</p> <ul style="list-style-type: none"> <li>– 5 practice sessions for 3 hours (Total: 15 hours/week)</li> </ul>

**APPENDIX 4: POST-COVID-19 REINTEGRATION TEMPLATE**

**USA WOMEN'S ARTISTIC GYMNASTICS**

WEEK	GOAL	ACTIVITY
1	Integration of Fitness & Gymnastics-specific Adaptations	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Assess athletes' current level of fitness on an individual level</li> <li>– Assess how athletes are doing mentally with return to gym</li> <li>– Light warm-up activities with mostly static stretching.</li> <li>– Event or discipline-specific fundamentals</li> <li>– Return to drills and timers</li> <li>– Non-ballistic basics</li> <li>– Focus on fun!</li> <li>– Limited impact</li> <li>– Soft landings</li> </ul> <p>Strengthening: 30%</p> <ul style="list-style-type: none"> <li>– Condition with similar intensity to web-based workouts</li> </ul> <p>Overall Volume: 30%</p> <ul style="list-style-type: none"> <li>– 3-4 practice sessions for 1 hour (Total: 3-4 hours/week)</li> </ul>
2	Further Integration of Fitness & Gymnastics-specific Adaptations  Start Skill Re-development	<p>Monitor body soreness and adjust load accordingly</p> <p>Overall:</p> <ul style="list-style-type: none"> <li>– Event or discipline-specific basics</li> <li>– Continue drills and timers</li> <li>– Continue to limit level of impact</li> <li>– Increase warm-up and amount of active stretching gradually</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Basic skills/drills</li> <li>– Use tramp/tumbler/trak/sting mats/pits to reduce impact of landings</li> <li>– Continue timers</li> <li>– Focus on line drills</li> </ul> <p>Strengthening: 40%</p> <p>Overall Volume: 40%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 1-2 hours (Total: 4-8 hours/week)</li> </ul>
3	Further Skill Re-development  Continued Strengthening and Fitness Return	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Progress intensity of warm-up activities and complexes. Low numbers with minimal impact</li> <li>– Continue to build back skill proficiency</li> <li>– Continue to build fitness/endurance</li> <li>– Continue to build gymnastics-specific timing with increased exposure</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Basic skills/drills</li> <li>– Avoid performing vault and floor on the same day</li> <li>– Advance drills</li> <li>– Begin ballistic leaps and jumps</li> </ul> <p>Strengthening: 50%</p> <p>Volume: 50%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2 hours (Total: 8 hours/week)</li> </ul>

## APPENDIX 4: POST-COVID-19 REINTEGRATION TEMPLATE – USA WOMEN’S ARTISTIC GYMNASTICS

WEEK	GOAL	ACTIVITY
4	Integration of Skill Sequences	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Continue to build endurance</li> <li>– Start integration of higher volume of impact and landings in warm-ups and training</li> <li>– Start integration of harder surfaces</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Increase # of events per session</li> <li>– Majority of landings/impacts should be on soft surfaces</li> <li>– Integrate key combinations</li> <li>– On days that both floor and vault occur, limit participation to drills only on one of the events</li> </ul> <p>Strengthening: 60%</p> <p>Volume: 60%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>
5	Further Integration of Skill Sequences	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build endurance</li> <li>– Continue to increase volume of impact and landings</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Increase # of events per session</li> <li>– Transition to higher impact landings/tumbling</li> <li>– Continue to integrate key skill sequences</li> </ul> <p>Strengthening: 70%</p> <p>Volume: 70%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>
6	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Build endurance and proficiency with higher volume of skill sequences and partial routines.</li> <li>– Build tolerance of higher impact volume</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Greater time per event</li> <li>– Begin integration of complex skills</li> <li>– Integration of routine parts</li> <li>– Higher volume of landings and impact</li> <li>– Still use soft surfaces for repetitive impact and landings</li> </ul> <p>Strengthening: 80%</p> <p>Volume: 80%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>

## APPENDIX 4: POST-COVID-19 REINTEGRATION TEMPLATE – USA WOMEN’S ARTISTIC GYMNASTICS

WEEK	GOAL	ACTIVITY
7	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build proficiency, endurance, &amp; adaptation</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Greater time per event</li> <li>– Integration of longer sequences</li> <li>– Integration of higher complex skills</li> <li>– Continue to increase volume of landings and impact on harder surfaces</li> </ul> <p>Strengthening: 90%</p> <p>Volume: 90%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
8	Return to Full Training	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Final integration of full routine training and 100% volume of gymnastics load.</li> </ul> <p>Discipline-specific progression:</p> <ul style="list-style-type: none"> <li>– Final integration of full training</li> <li>– Full skill progression</li> <li>– Final integration of full impact load</li> </ul> <p>Strengthening: 100%</p> <p>Volume: 100%</p> <ul style="list-style-type: none"> <li>– 5 practice sessions for 3 hours (Total: 15 hours/week)</li> </ul>

## APPENDIX 5: POST-COVID-19 REINTEGRATION TEMPLATE

# USA GYMNASTICS PARKOUR

The following template focuses on parkour-specific skill reintroduction for deconditioned students. Each week assumes students are attending at a minimum one class for one hour per week.

If you or your coaches are looking for specific programs and coaching education for parkour, there are multiple organizations that provide certifications and share in-depth knowledge from seasoned coaches in the parkour community. Reach out to your coaching colleagues for further direction and collaborative information sharing.

WEEK	GOAL	ACTIVITY
1	Safe falling mechanics and rebuilding baseline fitness	<ul style="list-style-type: none"> <li>• Safe landings and rolls</li> <li>• Focus on QM variations and crawling drills to rebuild strength and cardio and to condition ankles and wrists for parkour</li> <li>• Limited impact, keep all drills and games at ground level</li> </ul>
2	Focus on balance, reintroduction of parkour obstacles	<ul style="list-style-type: none"> <li>• Rail balance and bails using ground level rails</li> <li>• Cover one and two footed takeoffs, and two footed precision landings on ground and on ground level rails, emphasizing control rather than distance. Only use sub maximal gaps.</li> <li>• Revisit Week 1 content with QM, landing, and roll combos for conditioning and skill review</li> <li>• Continue limited impact, keep all drills and games at ground level</li> </ul>
3	Continued reintroduction of parkour obstacles, and transitions from height	<ul style="list-style-type: none"> <li>• Drop and roll landings from box height, ideally between knee and waist height for participants</li> <li>• Review precision landings from Week 2 – begin to introduce further distances while still emphasizing controlled landings</li> <li>• Basic vaults – notably the step/safety vault, lazy vault, and monkey plant</li> <li>• Limit max obstacle height to below shoulder height of the students for all games and drills</li> </ul>
4	Wall running is reintroduced, and bar work conditioning begins	<ul style="list-style-type: none"> <li>• Tic-tacs - Cover the differences between tacking for height vs distance</li> <li>• Wall run mechanics - limit the run-up distance to avoid unnecessary stress on the ankles</li> <li>• Bar work               <ul style="list-style-type: none"> <li>– swinging ukemi                   <ul style="list-style-type: none"> <li>• forward and backwards releases with safe landings and rolls</li> </ul> </li> <li>– brachiating with a conditioning focus                   <ul style="list-style-type: none"> <li>• standard arm brachiation</li> <li>• sloth hangs</li> </ul> </li> </ul> </li> </ul>
5	Dynamic wall skills and height transitions reintroduced	<ul style="list-style-type: none"> <li>• Pop vaults - teach by reviewing wall run mechanics from the prior week, and integrate that into pop-vault form</li> <li>• Wall skills - emphasize control and soft landings. Keep jumps to sub-maximal distances               <ul style="list-style-type: none"> <li>– Cat leaps</li> <li>– climb downs</li> <li>– climb up progressions</li> </ul> </li> </ul>

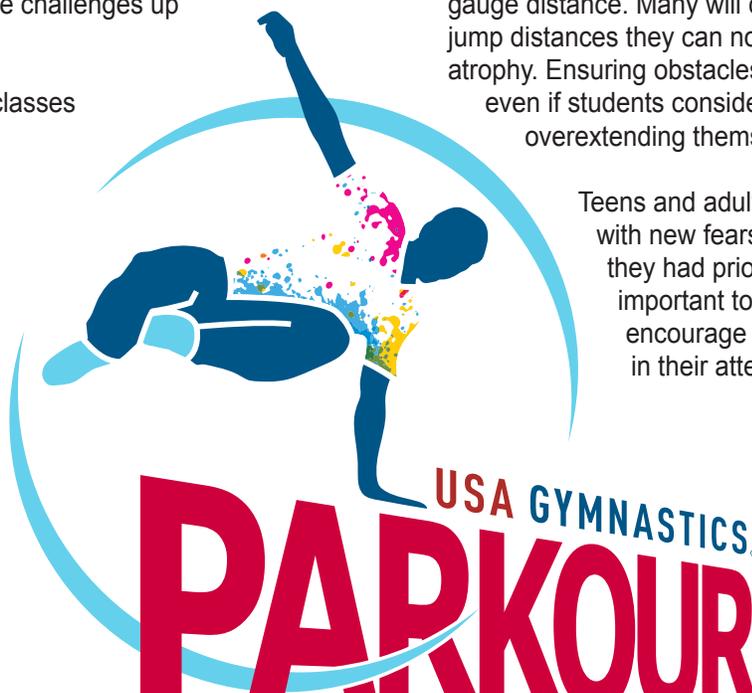
## APPENDIX 5: POST-COVID-19 REINTEGRATION TEMPLATE – USA GYMNASTICS PARKOUR

WEEK	GOAL	ACTIVITY
6	Acrobatics and dynamic bar skills	<ul style="list-style-type: none"> <li>• Basic acrobatic skills with appropriate progressions depending on the skill level of the students, such as:               <ul style="list-style-type: none"> <li>– 180 and 360 spins to precision landings</li> <li>– cartwheels</li> <li>– front flips, backflips, and side flips</li> <li>– websters</li> </ul> </li> <li>• Underbars               <ul style="list-style-type: none"> <li>– For intermediate students, also reintroduce laches                   <ul style="list-style-type: none"> <li>• emphasize bent elbows on catches</li> </ul> </li> </ul> </li> </ul>
7	Combining skills, focusing on flow and continuous movement	<ul style="list-style-type: none"> <li>• Review all the skills from weeks 1-6, with an emphasis on control through obstacle courses and games</li> <li>• Ensure all skills are submaximal effort for athletes</li> </ul>
8	Return to Full Training	<ul style="list-style-type: none"> <li>• Set up skill challenges that reach maximal effort</li> <li>• Begin to reintroduce more advanced skills to intermediate and advanced students at the coaches discretion</li> </ul>

### YOUTH PROGRAM CONSIDERATIONS

Children will be particularly excited to come back to parkour, and will likely not limit their efforts, which could result in injury. Controlling the obstacles to ensure submaximal efforts and limiting the height of obstacles will keep them safe as they rebuild strength. Some students will also potentially become disheartened by their regression in abilities. You can help ease this frustration by using progressions that are slightly below their abilities, and scaling the challenges up appropriately.

Most importantly, keep the classes fun. Especially the first few classes, have a heavy emphasis on games and challenges. Skill review classes can sometimes become boring quickly for children, but packaging the review and conditioning within a game will keep students engaged.



### TEEN/ADULT PROGRAM CONSIDERATIONS

Teens and adults will likely come in more deconditioned and injury prone than youth students. Blocking time to focus on conditioning at the end of training sessions will be key to injury prevention. A particular focus on ankle, knee, and upper body pulling strength continuously throughout these initial 8 weeks will help recondition students to the demands of parkour. Teens and adults will need to recalibrate their ability to gauge distance. Many will come back thinking they can jump distances they can no longer cover due to muscle atrophy. Ensuring obstacles are at submaximal distances, even if students consider it “too easy” will keep them from overextending themselves and learn their current limits.

Teens and adults will also potentially come back with new fears and be hesitant to attempt skills they had prior to their break in training. It is important to set up scaled progressions and encourage students to use these progressions in their attempts to avoid frustration and injury.

## APPENDIX 6: POST-COVID-19 REINTEGRATION TEMPLATE

# USA RHYTHMIC GYMNASTICS

### Promoting a Healthy Return

Rhythmic coaches and athletes should consider using 4-6 weeks to ramp up to full training volumes. The athlete will need to work on their timing and accuracy for large throws and this should be done through a gradual ramp up in repetitions.

WEEK	GOAL	ACTIVITY
1	Integration of Fitness & Gymnastics-specific Adaptations	<p>Overall:</p> <p>Body basics (Warm up, dance)</p> <p>Apparatus technique</p> <p>Basic handling and small throws</p> <p>Consider limits on high tosses to <b>25-50</b> per practice</p> <p>Limited impact (focus on jumping technique)</p> <p>Endurance training (HIIT)</p> <p>Overall Volume: 30%</p> <p>3 -4 practices (ex. 3 practice sessions for 2 hours)</p>
2	Further Integration of Fitness & Gymnastics-specific Adaptations  Start Skill Re-development	<p>Overall:</p> <p>Body basics (Warm up, dance)</p> <p>Apparatus technique</p> <p>If there has been no pain in the shoulder, increase the repetitions of large throws</p> <p>Continue to limit level of impact but progress to adding leaps and dynamic jumping</p> <p>Practice short parts of routines with music</p> <p>Endurance training (HIIT)</p> <p>Overall Volume: 40%</p> <p>3-4 practice sessions (ex. 4 practice sessions for 2 hours)</p>
3	Further Skill Re-development  Continued Strengthening and Fitness Return	<p>Overall:</p> <p>Body basics (Warm up, dance)</p> <p>Apparatus technique</p> <p>Progress repetitions of large throws</p> <p>Increase volume of leaps</p> <p>Practice quarter parts of routines with music</p> <p>Training of new skills</p> <p>Endurance training (HIIT)</p> <p>Volume: 50%</p> <p>4-5 practice sessions (ex. 5 practice sessions for 2 hours)</p>

## APPENDIX 6: POST-COVID-19 REINTEGRATION TEMPLATE – USA RHYTHMIC GYMNASTICS

WEEK	GOAL	ACTIVITY
4	Integration of Skill Sequences	<p>Overall:            Body basics, but consider increasing the intensity to promote endurance            Apparatus technique            Integration of high throws and leaps with longer parts of the routine            Half routines with music and full amplitude            Endurance training (HIIT)</p> <p>Volume: 70%            4-5 practice sessions</p>
5	Further Integration of Skill Sequences	<p>Overall:            Body basics (advance the difficulty of warm up and dance)            Apparatus technique            Increase repetitions of high throws as you start to train for consistency            Continue half routines with music and full amplitude            Progress to full routines without music            Endurance training (HIIT)</p> <p>Volume: 80%            5-6 practice sessions (ex. 5 practice sessions for 3 hours)</p>
6	Return to Full Training & Routines	<p>Overall:            Body basics (advance the difficulty of warm up and dance)            Apparatus technique            Resume full training loads of body and apparatus difficulties            Endurance training (HIIT)</p> <p>Volume: 100%            Return to full training sessions</p>

## APPENDIX 7: POST-COVID-19 REINTEGRATION TEMPLATE

# USA TRAMPOLINE & TUMBLING GYMNASTICS

WEEK	GOAL	ACTIVITY
1	Integration of Fitness & Gymnastics-specific Adaptations	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Assess athletes’ current level of fitness on an individual level</li> <li>– Assess how athletes are doing mentally with return to gym</li> <li>– Light warm-up activities with mostly static stretching.</li> <li>– Event or discipline-specific fundamentals</li> <li>– Return to drills and timers</li> <li>– Focus on fun!</li> <li>– Limited impact</li> <li>– Soft landings</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– Normal warmup, basic handstand work, 30% of usual on-equipment time (e.g. if usually on tramp for 90 minutes, would be 30 minutes), longer warmups and cool downs/conditioning (up to double to make up the full training time)</li> <li>– TRA: up to single somersault skills incl. basic drills, some single skill twisting for advanced athletes</li> <li>– DMT: on tramp – up to single somersault skills incl. basic drills, some single skill twisting for advanced athletes. Running drills (sprints and hurdle work). On DMT – mounter straight jump to raised mats, dismounts to soft landing, up to single somersault.</li> <li>– TUM: primarily utilizing trampoline and tumble trak if poss, up to single somersaults, running drills (sprints and hurdle work).</li> </ul> <p>Strengthening: 30%</p> <p>Overall Volume: 30%</p> <ul style="list-style-type: none"> <li>– 3-4 practice sessions for 1 hour (Total: 3-4 hours/week)</li> </ul>
2	Further Integration of Fitness & Gymnastics-specific Adaptations  Start Skill Re-development	<p>Monitor body soreness and adjust load accordingly</p> <p>Overall:</p> <ul style="list-style-type: none"> <li>– Event or discipline-specific basics</li> <li>– Continue drills and timers</li> <li>– Continue to limit level of impact</li> <li>– Increase warm-up and amount of active stretching gradually</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– Normal warmup, basic handstand work, 40% of usual on-equipment time, longer warmups and cool downs/conditioning</li> <li>– TRA: up to single somersault with twisting &amp; single somersault connections (TRA e.g. 2-4 skills), some double non-twisting skill drills for advanced athletes</li> <li>– DMT: on tramp - up to single somersault with twisting &amp; single somersault connections (TRA e.g. 2-4 skills), some double non-twisting skill drills for advanced athletes. Running drills (sprints and hurdle work). On DMT – single mounter or spotter to mat. Shape jumps connected to single somersault dismount onto softer surface.</li> <li>– TUM: primarily utilizing trampoline and tumble trak if poss, up to single somersault with twisting, some double non-twisting skill drills for advanced athletes</li> </ul> <p>Strengthening: 40%</p> <p>Overall Volume: 40%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 1-2 hours (Total: 4-8 hours/week)</li> </ul>

## APPENDIX 7: POST-COVID-19 REINTEGRATION TEMPLATE – USA TRAMPOLINE & TUMBLING GYMNASTICS

WEEK	GOAL	ACTIVITY
3	<p>Further Skill Re-development</p> <p>Continued Strengthening and Fitness Return</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Progress intensity of warm-up activities and complexes. Low numbers with minimal impact</li> <li>– Continue to build back skill proficiency</li> <li>– Continue to build fitness/endurance</li> <li>– Continue to build gymnastics-specific timing with increased exposure</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– Normal warmup, basic handstand work, 50% of usual on-equipment time, longer warmups and cool downs/conditioning</li> <li>– TRA: single somersault connections (e.g. 5-6 skills, swingtime) &amp; double somersault skill drills incl. twisting</li> <li>– DMT: on tramp – single somersault connections &amp; double somersault skill drills incl. twisting. On DMT – integrating basic skills, single somersault connections to soft landing, single somersault to double timers on raised surface, mounter timers onto raised surface.</li> <li>– TUM: integrating rod floor with trampoline and tumble trak, longer back handspring and whip connections, double somersault skill drills incl. twisting</li> </ul> <p>Strengthening: 50%</p> <p>Volume: 50%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2 hours (Total: 8 hours/week)</li> </ul>
4	<p>Integration of Skill Sequences</p>	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Check in with athletes and how their bodies and minds are feeling. Adjust accordingly</li> <li>– Continue to build endurance</li> <li>– Start integration of higher volume of impact and landings in warm-ups and training</li> <li>– Start integration of harder surfaces</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– Normal warmup, 60% of usual on-equipment time, longer warmups and cool downs/conditioning</li> <li>– TRA: longer single somersault connections (e.g. Ross), unconnected double somersaults</li> <li>– DMT: connected single somersaults to regular landing surface, unconnected double somersaults</li> <li>– TUM: integrating rod floor with trampoline and tumble trak, longer back handspring and whip connections, twisting double somersault skill drills, non-twisting double somersaults to land, power hurdle skeletons</li> </ul> <p>Strengthening: 60%</p> <p>Volume: 60%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>

## APPENDIX 7: POST-COVID-19 REINTEGRATION TEMPLATE – USA TRAMPOLINE & TUMBLING GYMNASTICS

WEEK	GOAL	ACTIVITY
5	Further Integration of Skill Sequences	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build endurance</li> <li>– Continue to increase volume of impact and landings</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– Normal warmup, 70% of usual on-equipment time</li> <li>– TRA compulsory routines (Up to YE 11-12) &amp; double somersault connections (e.g. 2-3 Skills)</li> <li>– DMT connected passes with up to one double somersault</li> <li>– TUM longer back handspring and whip connections on rod floor, up to double somersaults incl. twisting to land, running skeletons, single somersault transitions to timers</li> </ul> <p>Strengthening: 70%</p> <p>Volume: 70%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 2-3 hours (Total: 8-12 hours/week)</li> </ul>
6	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Build endurance and proficiency with higher volume of skill sequences and partial routines. Build tolerance of higher impact volume</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– 80% of usual on-equipment time</li> <li>– TRA higher number of repetitions &amp; double somersault connections (e.g. 4-5 skills)</li> <li>– DMT higher number of repetitions, double somersault connections</li> <li>– TUM higher number of repetitions, twisting double somersaults to land, transitions to timers</li> <li>– Higher number of repetitions &amp; Double Somersault Connections (4-5 Skills) – 80% On Equipment time</li> </ul> <p>Strengthening: 80%</p> <p>Volume: 80%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
7	Sustained Integration of Sequences and Complex Skills	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Continue to build proficiency, endurance, &amp; adaptation</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– 90% of usual on-equipment time, identify and focus on remaining weaknesses and work towards 100%</li> <li>– Integrating full routines</li> </ul> <p>Strengthening: 90%</p> <p>Volume: 90%</p> <ul style="list-style-type: none"> <li>– 4 practice sessions for 3 hours (Total: 12 hours/week)</li> </ul>
8	Return to Full Training	<p>Overall:</p> <ul style="list-style-type: none"> <li>– Final integration of full routine training training</li> <li>– 100% volume of gymnastics load.</li> </ul> <p>Discipline-Specific:</p> <ul style="list-style-type: none"> <li>– Full training times</li> <li>– Final integration of all skills and connections</li> <li>– Continue integrating full routines</li> </ul> <p>Strengthening: 100%</p> <p>Volume: 100%</p> <ul style="list-style-type: none"> <li>– 5 practice sessions for 3 hours (Total: 15 hours/week)</li> </ul>