



## Guidelines for Gymnastics

# Body Peace Is the Right of Every Gymnast

- A young athlete should be allowed to grow and develop in peace. **No kind of body or appearance-related speech belongs to gymnastics** – not by coaches, gymnasts, judges, spectators or supporters.
- Appreciate the **performance and capability** of a gymnast's body. You should praise, for example, the skills and physical capabilities of a gymnast.
- With your own example, you can affect positively on the body image the gymnasts develop. **Please speak respectfully also about your own body** in the presence of gymnasts.
- If there is a concern about an athlete's well-being, nutrition or disordered eating behaviour, the coach should contact the **parent or guardian of an underaged gymnast**.
- When it comes to improving body performance in adults' high-performance sports, it is crucial to have a **multi-professional team of experts** supporting the athlete and the coach. Performance-related weight dialogue may be a part of adults' high-performance sports, if it is perceived as necessary. However, it is important to apply the principles of responsible weight dialogue: consideration, safe space, confidentiality and athlete's comprehensive well-being.



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