



## Use of hand support in Trampolining

Trampolining is a hands on sport, without appropriate support it is difficult to coach many moves. Use of the overhead rig can significantly reduce support but many clubs don't have access to one, many coaches don't like using them, many performers don't like being in them and most newly qualified coaches are not trained in the use of one (and have not done the Rig module). Consequently, we tend to fall back on hand or belt support.

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- 1 It is advisable to minimise body contact as much as possible. If we are to make contact with the body, performers must first be told what to expect, and a full explanation should be given.
- 2 Where possible, coaches should use alternate methods of holding a performer, so the use of judo belts is advised.
- 3 Where possible always use a clenched fist rather than an open hand when hands are near the body (except when catching of course)
- 4 If you are going to place a hand on the body, make sure it is placed away from areas of sensitivity (applies to both male and female performers).
- 5 DO NOT grasp the waistband of tracksuit bottoms or shorts, use a belt if a secure grip is required.
- 6 A judo belt can be substituted for most (if not all) hand support, except where both hand and belt support is used
- 7 If inappropriate contact is made during a catch (an inevitability at some point), then the coach should apologise immediately, do not let it go by with no response or a mumbled one, make it clear that it was an accident, but point out that you avoided potential injury.
8. In front somersault support, place hand on top of shoulder or behind rather than in front. If the performer is diving into the somersault or has excessive travel and the coach is unable to hold the performer back with their top of shoulder grip, then gripping the upper arm or front of the shoulder is acceptable, but use only if there is a problem.
9. With back somersault hand support, keep free hand in small of back or just above the knee. Avoid pushing on the hips if at all possible.
10. If the coaches are doing double support, make sure both coaches are aware of their hand positions.

Tony Fagelman – September 2005



British Gymnastics Registered Club – 41977  
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