



Guidelines for Coaches

Responsible Flexibility Training

- Favour **short** stretches, that are held for approximately 30 seconds, over long, passive stretches.
- The gymnast may feel the stretch but stretching **must never be painful**. Bear in mind that the perception of pain is different for each individual.
- When assisting a stretch, always ask **permission** to touch and assist the gymnast.
- Remember mutual **interaction** during flexibility training.
- The gymnast has a **right to refuse** assisted stretching or to stop the exercise.
- You **may assist** and correct the position of a stretching gymnast, but you **may not push** the gymnast. If the gymnast feels pain, you are pushing. When assisting, no pain is involved.
- It is **safer** to assist the gymnast to find the right position than to stretch in a wrong position.
- Remember that when it comes to flexibility, the **level of performance** may vary from day to day.



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