



DUNEDIN GYMNASTIC ACADEMY

TECHNOLOGY FREE TRAINING POLICY– ALL VENUES

Policy number	4	Version	B
Drafted by	Alison Derbyshire	Revision Date	May 10, 2018
Responsible person	Venue Managers	Scheduled review date	2020

INTRODUCTION

Dunedin Gymnastic Academy coaches noted an increase in gymnasts using technology in the gym. To increase gymnast's focus during training times, DGA trialled a Technology Free Training Policy at the Otaki Street venue in Terms 3 and 4, 2016. Due to its success, we are now rolling out this policy to all venues.

AIM

To reduce/eliminate the use of technology in the gym during training times, inclusive of gym floor, break areas, lockers, toilets and kitchen. Once the gymnast begins training, they are free from technology until their training session ends.

AUTHORISATION

Penny McLeod, President

Accepted by the DGA Executive Committee on May 10, 2018



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TECHNOLOGY FREE TRAINING PROCEDURES

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THESE PROCEDURES APPLY DURING TRAINING SESSIONS ONLY – NOT COMPETITIONS

- Gymnasts – no technology access/usage during the scheduled hours of their training
- Gymnasts may use technology prior to and after their training session ends in the area designated for technology use:
 - Otaki Street : the main entrance/foyer
 - Caledonian: the kitchen, anywhere on the ground floor level
 - Vogel Street: the viewing area (parents), Kitchen (gymnasts/coaches only)
- If a gymnast needs to contact a parent during their training session, they are to advise their coach, then contact their parent from an area designated for technology use (see above)
- Coaches are to use their phones/tablets on the gym floor only with permission of a senior coach and only for the purpose of video analysis as a teaching tool, or in the event of an emergency.

TO SUPPORT THIS POLICY:

- We ask parents and coaches to lead by example
- Please use technology in the designated areas – see above.
- Parents who wish to video their child may do so following discussion with their gymnast's coach and senior coach on the floor. Please discuss PRIOR to the gym session.