



Equipment Gymnasts May Need

If your child needs items for gym, aside from their clothing, the coaches / office will be in touch and usually provide specific online links.

Handguards - Gymnasts only need these when the coaches feel they are at a certain stage of development. These are leather guards which add some protection against the friction of the bar and aid with grip. They take some getting used to and may be disliked initially. They are replaced when they show signs of wear and tear and should not be washed in water. They need to be worn with wristbands (must be white for competition), which can be purchased from the handguard company. Your child's coach will inform you of the type needed. The sizing guide is on the website provided. Girls will wear handguards on the wooden bar and boys may wear handguards on the metal bar and on rings.

Loops and gloves (for metal bar) - The metal bar is used when gymnasts have achieved some basic bar skills and are ready to progress to upstarts, high swings and sole circles. On this apparatus the gymnasts use loops and gloves - worn with wristbands. These can be washed if needed and should be replaced when showing signs of wear and tear. The coaches will inform you when these are needed. Sizing can be difficult, so gymnasts are encouraged to try others' loops for size.

Chalk - competitive gymnasts who use bars and compete on bars will need their own chalk (and water spray [nothing special is needed] if they wish). Some gymnasts use a lot of chalk - 2-3 blocks a month - whilst others use very little. This needs to be stored in a plastic tub of chalk / Chalkbuddy type box and brought to every session. Chalk is essential so can always be purchased from VGA Crumlin or St Tydfils Gymnastics.

Elastics, paralettes, kip swing etc - gymnasts may mention other items to you – there are numerous. Generally, coaches of competitive gymnasts will speak to you if there is something the children need so we do not suggest making purchases unless your child's coach has made a recommendation.