

# Gymnastics

Stage	Activity	Gymnastics-specific exercise	Objective of stage
1	<ul style="list-style-type: none"> <li>No activity</li> </ul>	<ul style="list-style-type: none"> <li>No activity</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and elimination of symptoms</li> </ul>
2	<ul style="list-style-type: none"> <li>Light aerobic activity at home or gym</li> </ul>	<ul style="list-style-type: none"> <li>10 to 15 minutes of walking</li> <li>Static conditioning (hollow holds, supermans, squat holds, etc.)</li> <li>No jumping</li> </ul>	<ul style="list-style-type: none"> <li>Must be able to tolerate loud sounds and bright lights before returning to gym</li> <li>Monitor symptoms</li> </ul>
3	<ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Light resistance</li> </ul>	<ul style="list-style-type: none"> <li>Up to 60 minutes total of light conditioning, including:                             <ul style="list-style-type: none"> <li>Bars (high bars/rings/parallel bars): chin-ups, leg lifts, L-holds, etc.</li> <li>Beam: walks, kicks, etc.</li> <li>Floor: walking lunges, squats, jogging, core</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>No upside-down or backwards movement</li> <li>Monitor symptoms</li> <li>No vault or vault drills</li> </ul>
4	<ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Basics</li> </ul>	<ul style="list-style-type: none"> <li>60 to 120 minutes total</li> <li>Vault: sprinting, punch up to vault; no front handsprings until stage 5</li> <li>Bars: pit and/or strap bar, cast handstands with spot, tap swings, glides, back hip circles, free hips</li> <li>High bar/rings/parallel bars/pommel: allow drills that meet stage restrictions</li> <li>Beam: leaps, turns, jumps, handstands (with dismount for lower levels)</li> <li>Floor: same as beam, but can add front walkover and back walkover (no ext. rolls until stage 5)</li> </ul>	<ul style="list-style-type: none"> <li>Plyometrics</li> <li>Introduce head movements</li> <li>Introduce easy upside-down and backwards motions</li> <li>Monitor symptoms</li> </ul>
5	<ul style="list-style-type: none"> <li>Intro-level tumbling</li> </ul>	<ul style="list-style-type: none"> <li>Two to three hours total</li> <li>Vault: timers and front handsprings</li> <li>Bars: routines (endurance OK), upper levels with giants, release drills</li> <li>High bar/rings/parallel bars/pommel: allow giants, dislocates, basic dismounts, release drills, etc.</li> <li>Beam: series and dismounts</li> <li>Floor: full routines including handsprings, upper levels can add layout and full (no doubles)</li> </ul>	<ul style="list-style-type: none"> <li>Focus on mechanics</li> <li>Floor: split tumbling and surface based on athlete progression and preference as tolerated</li> <li>Monitor symptoms</li> </ul>
6	<ul style="list-style-type: none"> <li>Full practice</li> <li>Advanced skills for upper levels</li> </ul>	<ul style="list-style-type: none"> <li>Up to four hours</li> <li>Vault: add flipping</li> <li>Bars: all skills without spot with full landings</li> <li>High bar/rings/parallel bars/pommel: advanced skills as appropriate for level</li> <li>Beam: add flipping dismount</li> <li>Floor: doubles with flooring of choice</li> </ul>	<ul style="list-style-type: none"> <li>Add advanced flipping and twisting according to level</li> <li>If lower level, continue with full practice with no restrictions</li> <li>Monitor symptoms</li> </ul>
7	<ul style="list-style-type: none"> <li>Unrestricted workout</li> </ul>		<ul style="list-style-type: none"> <li>Monitor for symptoms</li> </ul>

Athlete may begin Stage 2 when symptoms are markedly diminished and can tolerate a partial school day.

Athlete may begin Stage 3 when a full school day is tolerated.

Athlete may progress to the next stage every 24 hours as long as symptoms do not worsen.

**It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.**