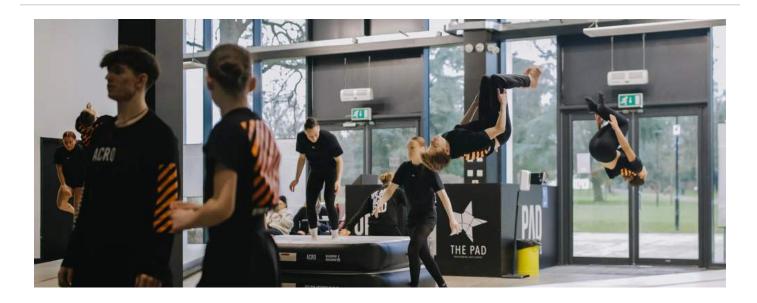


# Fast Track & Air Track Guidelines

Empowering Clubs, Elevating Coaches, Inspiring Gymnasts.

## 1.Introduction

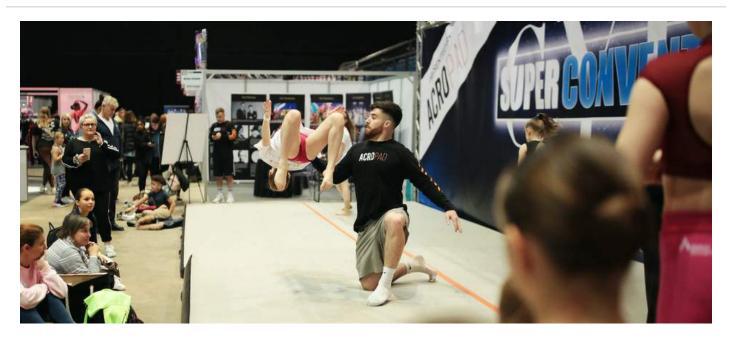


The "Fast Track" and "Air Track" tumbling mats serve as excellent tools for teaching tumbling techniques and enhancing spatial awareness across various gymnastics skills. These training aids significantly improve a gymnast's ability to rotate around the longitudinal, transverse, and sagittal axes while also enhancing their control over body shapes during tumbling manoeuvres.

The advantages associated with using these tumbling aids include:

- **Increased Skill Repetitions:** Gymnasts can perform more repetitions of a skill before experiencing fatigue.
- Reduced Impact: The lower impact on the body decreases the likelihood of overuse injuries.
- Extended Air Time: Longer periods in the air facilitate easier skill acquisition.
- **Skill Development:** Gymnasts can learn skills ahead of their physical readiness and confidence to perform on standard competition surfaces.

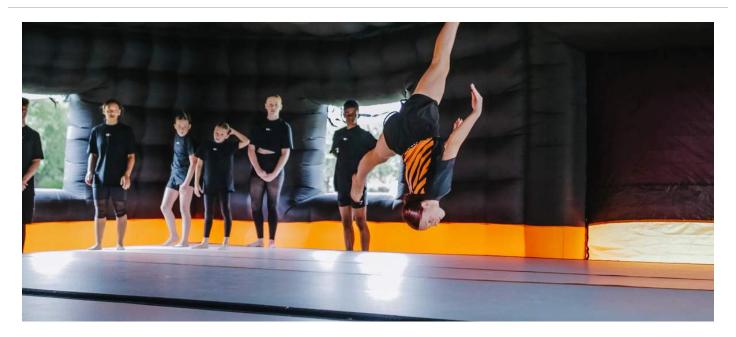
# 2. Checking the Apparatus



### Before use, ensure that:

- The equipment is assembled and installed according to the manufacturer's instructions.
- The area surrounding the apparatus is adequately covered with appropriate matting.
- Nearby apparatus, such as chains, cables, and anchor points, are properly padded.
- The springs and surrounding padding on the Fast Track are in good condition and correctly attached.
- The Air Track is fully inflated, and there are no air leaks; verify that the air compressor is correctly connected and operational.
- All obstacles near the apparatus are removed.
- The exit end or deceleration zone at the end of the track leads to a pitted area or a suitably padded landing zone.

# 3. Legal and Compliance Considerations



While the use of these tumbling beds can be enjoyable, inherent risks are associated with their elastic nature. To minimise incidents, adhere to the following guidelines:

- The Fast Track or Air Track should only be used under the direct supervision of a Qualified Coach, with a minimum qualification of Level 2.
- Coaches should only teach skills that are within their coaching qualifications and verified experience.
- Participants should be regularly reminded about the inherent risks and informed about safe practice guidelines.
- Acts of daring, horseplay, or roughhousing must never be allowed.
- Assess participants' readiness for new skills by considering their personal ability, mastery of prerequisite skills, physical condition, confidence, and safe progressive learning stages.
- Always be aware of the height of the Air Track from the ground, as this may pose a hazard.
- Extra caution is necessary when assisting a gymnast on these highly flexible surfaces.
- Participants should wear non-slip footwear, such as trampoline or gymnastics shoes, or non-slip socks (note: avoid nylon or silk socks as they may slide on the mat).
- Tight-fitting gymnastics attire is recommended, and long hair should be secured back.
- After any illness or injury-related absence, confirm that participants are fit to participate.
- Stay alert for potential errors when teaching a new skill.
- Ensure participants have good core body control, can perform safe landings, and possess experience in falling safely before allowing them to use the apparatus.