



CHECKLIST

Spotting Checklist for Gymnasts and Coaches

- ☐ Confirm the spotter understands the skill and knows where to place their hands.

- ☐ Check the spotter has stable footing and a clear view of the gymnast's body.

- ☐ Agree on a verbal signal before starting, and use it every time.

- ☐ Lighten contact as the gymnast improves, and remove support only when they're consistent.

- ☐ Use pair spotting for fast or high-risk skills, never attempt to spot those alone.

- ☐ Stop immediately if the gymnast signals discomfort or loses confidence mid-skill.

- ☐ Avoid spotting on slippery or uneven surfaces, and never spot without adequate matting.
