



## What does the INDEPENDENT REVIEW into GYMNASTICS in Australia say?

It's our job at the Australian Human Rights Commission to make sure everyone in Australia knows their rights and are treated fairly.

Gymnastics Australia (the organisation that looks after all the children and adults that do gymnastics in Australia) asked us to find out how to make gymnastics safer and more fun for you. We put everything we heard into a report, called the *Change the Routine: Report on the Independent Review into Gymnastics in Australia*.

We especially wanted to hear from children because you are the ones who go to gymnastics classes the most! We wanted to find out what you thought were the good things about gymnastics, and also the parts that you didn't enjoy as much. This included some bad experiences, like when you might have felt sad or unsafe.

### The main ideas

After listening to you and other people in gymnastics, we have suggested some ways that gymnastics can be made safer and more enjoyable for everyone. The most important thing is to give you, and all gymnasts, a greater say in what you do. You should always feel okay about telling people what you don't like or what you do like to do.

To make sure you always feel safe, we asked Gymnastics Australia and other gymnastics organisations to do some things, such as:

- ★ create groups in every state and territory for children and young people to meet and share their views and to be heard
- ★ make sure children and young people understand all the different rules inside a gym and while doing gymnastics
- ★ have a separate group of people that will listen to and take care of problems and complaints about bullying, abuse, and sexual harassment
- ★ ask for your permission when adults need to do exercises with you or do check-ups with your body
- ★ do regular tests to make sure your mental health and body are healthy
- ★ make sure coaches and staff treat you well and know how to keep you safe.

Thank you for helping us make  
sure gymnastics is safe and fun!

