

# Spotting Techniques

*Responsibilities vary with the age, strength, maturity level and experience of the student.*

- Primary students are involved in non-contact spotting only, (for example, keeping activity area clear, providing verbal cues).
- Junior students are involved in non-contact spotting, as well as checking the placement and stability of the equipment. They can also help peers maintain balance on the floor and low equipment.
- Intermediate and seniors students can do non-contact spotting (for example, keeping activity area clear, providing verbal cues), check the placement and stability of the equipment and contact spotting (for example, helping peers maintain balance on the floor and on all types of equipment; spotting of free weights).