

Spotting Techniques

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

- Early Years students can provide non-contact spotting only (for example, keeping the activity area clear, providing verbal cues).
- Middle Years students can provide non-contact spotting (for example, keeping the activity area clear, providing verbal cues) and can assist students in maintaining balance on the floor and low equipment.
- High School students can provide both non-contact spotting (for example, keeping the activity area clear, providing verbal cues), and contact spotting (for example, assisting students in maintaining balance on the floor and on all types of equipment; and spotting during resistance training/free weight exercises).