



AC GYMNASTICS

HEALTH & SAFETY POLICY

AC Gymnastics is committed to providing a safe, positive and enjoyable environment for all gymnasts, coaches, helpers, parents and visitors.

The safety and wellbeing of everyone attending our classes and activities is our priority.



OUR COMMITMENT

AC Gymnastics will:

- ★ Provide a safe and suitable environment for gymnastics activities.
- ★ Complete and regularly review appropriate risk assessments for classes, activities and venues.
- ★ Ensure gymnastics equipment is suitable for its intended use and checked regularly for any damage or hazards.
- ★ Ensure equipment is set up and stored safely.
- ★ Make sure activities are appropriate for the age, ability and experience of the gymnasts taking part.
- ★ Provide appropriate supervision during all classes and activities.
- ★ Ensure gymnasts are taught skills using suitable progressions and safe coaching techniques.
- ★ Make sure class sizes are appropriate for the activity and level of supervision available.
- ★ Keep the training area clear of unnecessary equipment, bags and other trip hazards.
- ★ Ensure suitable first aid provisions are available during classes.
- ★ Record accidents and injuries using an **Accident Report Form** where appropriate.
- ★ Make parents/carers aware of any significant accident or injury involving their child.
- ★ Follow the venue's procedures in the event of a fire, evacuation or other emergency.
- ★ Ensure coaches and helpers understand their responsibilities for maintaining a safe environment.
- ★ Encourage everyone attending AC Gymnastics to report any hazards, damaged equipment or safety concerns immediately.



GYMNAST RESPONSIBILITIES

Gymnasts are expected to:

- ★ Listen carefully to instructions from coaches and helpers.
- ★ Only attempt skills when instructed to do so.
- ★ Use gymnastics equipment correctly and safely.
- ★ Behave sensibly and respectfully during classes.
- ★ Wear suitable clothing for gymnastics and remove jewellery where necessary.
- ★ Keep drinks and personal belongings away from the gymnastics area.
- ★ Tell a coach immediately if they feel unwell, are injured or are worried about anything during the session.



COACHES & HELPERS

All coaches and helpers have a responsibility to:

- ★ Put the safety and wellbeing of gymnasts first.
- ★ Provide appropriate supervision at all times.
- ★ Follow AC Gymnastics policies, procedures and risk assessments.
- ★ Only teach or assist with activities that are appropriate to their role, knowledge and experience.
- ★ Report hazards, damaged equipment, accidents or concerns to the Lead Coach.
- ★ Encourage safe, positive and responsible behaviour.
- ★ Never leave children unsupervised during an AC Gymnastics session.



ACCIDENTS & EMERGENCIES

In the event of an accident or emergency:

- ★ The activity will be stopped where necessary and the area made safe.
- ★ Appropriate first aid will be provided.
- ★ Emergency services will be contacted when required.
- ★ Parents/carers will be contacted where appropriate.
- ★ Accidents and incidents will be recorded and reviewed.
- ★ Any necessary action will be taken to reduce the risk of a similar incident happening again.



PARENTS & CARERS

Parents and carers are asked to:

- ★ Provide AC Gymnastics with relevant emergency contact information.
- ★ Inform the Lead Coach of any information that may affect their child's safe participation in gymnastics.
- ★ Ensure their child arrives wearing suitable clothing and is ready to participate safely.
- ★ Follow any health and safety instructions provided by AC Gymnastics or the venue.
- ★ Inform the Lead Coach of any health and safety concerns.



REVIEWING THIS POLICY

This policy will be reviewed regularly and updated when necessary to ensure that AC Gymnastics continues to provide a safe environment for everyone.

★ **Lead Coach: Anita Chilton, Qualified Gymnastics Teacher** ★

AC Gymnastics

