



EAGLES GYMNASTICS CLUB

email: admin@eaglesgymnastics.co.uk

BG Club Number: 82474

Visit us on Facebook: www.facebook.com/eaglesgym

Health & Safety Policy

The club recognises its responsibilities with regard to health and safety precautions and the provisions of first aid facilities.

The club's policy, together with legislation, imposes on coaches and volunteers a duty to take all reasonable care for their own safety and the safety of other members. It is the responsibility of the coaches and members to bring to the attention of the club secretary and the health & safety officer anything that they consider to be a hazard to health or safety.

Gymnasts should be supervised during the moving of gymnastics equipment and apparatus.

Small items of equipment:

Gymnasts of an appropriate age and size who have been properly instructed and are supervised may move the following:

- Floor level beams
- Foam box tops (2 gymnasts)
- Spring boards (2 gymnasts unless on wheels)
- Safety mats (2 gymnasts)

Floor area - gymnasts may clear the floor area of small items of equipment that have been used during the session.

Large items of equipment:

- Gymnasts may turn, roll and unroll mats under supervision.
- Beams may not be moved by gymnasts or helpers under the age of 18.
- Bars may not be erected, dismantled or moved by gymnasts or helpers under the age of 18.
- Adults must ensure all gymnasts are a safe distance away from the large items before moving erecting or dismantling these.

The head coach or senior coach (level 2 or above) should check all equipment prior to its use.

Fire Precautions

The fire instructions are placed on the noticeboards. You should make yourself familiar with the instructions.

The instructions should be followed in case of a fire. Please use the nearest exit. Do not stop to collect personal possessions.

Do not re-enter the building. Report to the assembly point on the MUGA.

Accident & Safety Procedures

The club has first aid facilities. Procedures are in place for the regular inspection of premises and equipment.

Smoking

There is a strict NO smoking policy within the school grounds.