



## HEALTH, SAFETY AND WELFARE POLICY

Excel Gymnastics Academy recognises that the health and safety of each participant/staff member/volunteer and visitor is paramount. There are clearly inherent risks while participating in gymnastics due to the complex nature of the sport, however every effort will be made to control and minimise potential risks by adherence to best practice.

### **Excel Gymnastics Academy will create a safe training environment by:**

- Risk assessing the facility and all equipment to ensure that it is suitable and safe for use by gymnasts. Coaches and members are encouraged to notify the Director of Coaching/Lead Coach immediately if they notice any damage or situation that could pose a safety risk.
- Ensuring that coaches have the competence and experience for the role they are performing.
- Ensuring that coaches work within the boundaries of their qualification.
- Ensuring that all coaches carry out their duties with reasonable skill and care and in a reasonable, prudent and professional manner in accordance with the Excel Gymnastics Academy Codes of Conduct.
- Ensuring that all gymnasts are suitably prepared physically and mentally for their level of participation.
- Ensuring best coaching practices are displayed at all times.

Excel Gymnastics Academy and all the coaches and volunteers associated with the club have a **duty of care** to protect the members from harm.

### **We will ensure that the following principles are implemented and continually upheld:**

- A safe training environment is provided at all times.
- Clear and adequate instructions are given prior to commencing an activity.
- Coaching methods and procedures are continually assessed for the safety of both performer and coach.
- Only competent and suitably qualified coaches supervise or coach an activity.
- The participants clothing must be suitable, allowing full movement but not baggy.
- The medical status of each participant should be known before commencing a training session. If a coach knows of any health reason, medical condition or injury which might affect a participant's ability to train, or which might adversely affect their health if they were to train, appropriate medical advice should be obtained before the gymnast participates. If a medical professional advises that the participant should not train, then they must not train until such time as a medical professional has given them the all clear.
- Medical advice should be sought in the event of an injury and only persons who are qualified should administer first aid.
- An accurate record of injuries and actions should be maintained and kept up to date.
- Medical approval should be sought following a debilitating injury before permitting a participant to recommence training.
- Coaches must be immediately accessible and never leave the premises while a session is in progress.
- Always ensure that a minimum of two responsible adults are present during training sessions. One of the adults must be an appropriately qualified coach, the second adult must not be one of the participating gymnasts.