

# **Ashtead Gymnastics health and Safety policy**

At Ashtead Gymnastics we are committed to maintaining a safe and healthy environment for all participants, coaches and visitors. We aim to minimise the risk of injuries and accidents through effective planning, risk assessments and coach training.

Club management ensure that a risk assessment is in place for the use of the hall and toilets on site. Equipment is checked regularly to ensure it is in good working order. Gymnasts must adhere to safety rules and follow instructions from coaches. Coaches and gymnasts should wear appropriate clothing and footwear during sessions. Gymnasts are always supervised during activities; where the coach is younger, this is overseen by the head coach.

## **Building**

Emergency exits are kept clear of obstructions and are clearly marked. There is good lighting, heating and ventilation as required. In the case of a fire or other emergency – all gymnasts and coaches will gather on the main school playground. There is a risk assessment for the use of the facilities. There is always a coach with fire safety training on site.

## **First aid**

A first aid kit is kept on site and a fully qualified first aider is always at each session.