

# **CAMBRIDGE UNIVERSITY OLYMPIC GYMNASTICS CLUB**

## **SAFETY POLICY**

**Cambridge University Olympic Gymnastics Club** is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern.

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependent on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times. All of the facilities we use have first aid facilities in place.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

## AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

## Standards of Safety

Gymnastics can be very dangerous and lead to serious injury or death if appropriate safety rules and procedures are not adhered to. All members must adhere to the safety rules listed below, as well as those detailed in the British Gymnastics Codes of Practice.

The Head Coach, or in his or her absence, the highest qualified coach at the session, has overall responsibility for the health and safety of that session, and will make final calls on judgements of safety or procedure.

All coaches and members are subject to the following:

- **Members must never attempt skills or links beyond their current capability** or without the support and instruction of a suitably qualified coach.

- ☐ Members must also not attempt to coach new skills to other members
- ☐ Instruction (and not support or initiation of a new skill) should only be given for capable performers if it is within their qualification and knowledge to do so.
- ☐ 'Spotting' may only be delivered by trained members and coaches

- **Any injuries or conditions must be declared** on signing up, and notified to the coaches at the start of every session. You may not be permitted to train if your injury or condition is warranted as being unsafe by the session coaches.

- **Apparatus** should be assembled or erected according to the manufacturer's instructions and the handling of apparatus should be supervised at all times by a qualified coach.

- **Matting** of sufficient area, thickness, resilience and shock absorbency for the relevant apparatus and skill must be provided. Additional safety matting or a safety landing upon

the base matting particularly when the participants are inexperienced in the particular activity. Matting should be non-slip, in good condition and free of damage. Coaches and gymnasts must be vigilant in ensuring that gaps do not appear due to the separation or slipping of matting.

- **Floor matting should be kept clear** to avoid tripping and injury. As such, mobile phones, water bottles, and any other solid objects must be placed clear of the matted areas.

- **Only water is permitted** in training sessions, and all liquids and foods must be consumed and located far from the matted or equipment areas.

- **Bleeding** has the potential to cause huge replacement expenses and/or cleaning effort. Any cuts or wounds with the potential to bleed onto the equipment or mats must be vigilantly sealed up.

- **Never walk close to or underneath equipment** such as beams or parallel bars when in use by another member.

## Safety Responsibilities and Arrangements:

<b>Responsibility</b>	<b>Officer Responsible</b>	<b>Specific Safety Arrangements</b>
<b>General oversight of club safety management</b>	<b>Anthony Bowles</b>	<p>Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.</p> <p>Create a safe environment by putting health and safety measures in place as identified by the assessment.</p> <p>Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness (as a minimum once per year at the AGM).</p>
<b>Clear communication with club members on safety matters</b>	<b>Anthony Bowles</b>	<p>Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.</p> <p>Ensure that all members are aware of, understand and follow the club's health and safety policy.</p> <p>Ensure that club members are able to raise safety concerns.</p> <p>Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.</p>
<b>Effective continuous management of safety arrangements</b>	<b>Anthony Bowles</b>	<p>Appoint a competent club member to assist with health and safety responsibilities.</p> <p>Review safety procedures, arrangements and information at committee meetings.</p>

<b>Provide appropriate mitigation control measures for injuries</b>	<b>Anthony Bowles</b>	<p>Provide access to adequate first aid facilities, telephone and qualified first aider at all times.</p> <p>Report any injuries or accidents sustained during any club activity or incidents that may have led to injury/ill health whilst on the club premises to the Sports Service and investigate when necessary.</p>
<b>Uphold a culture that supports the safety policy</b>	<b>All club members</b>	<p>Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.</p> <p>Co-operate with the club on health and safety issues.</p> <p>Correctly use all equipment provided by the club.</p> <p>Not interfere with or misuse anything provided for your health, safety or welfare.</p>
<b>Ensure that Equipment is safe</b>	<b>Anthony Bowles</b>	<p>Maintain equipment inventory.</p> <p>Ensure that statutory equipment inspections are carried out, and that pre-use inspections are carried out and recorded at least quarterly.</p> <p>Ensure that all damaged equipment is marked and or quarantined and disposed of as soon as possible.</p>

It may be that several sections of the above table may be covered by one person, but the roles should be shared out as much as is practicable and effective within the club committee, to avoid a single point of failure and overloading individuals and to ensure appropriate input from individuals.

Signed:

Anthony Bowles

Date: 22/08/2023