

# Invictus Gymnastics Club

**Aldermaston Recreational Society**

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## Health & Safety Policy

Health and Safety Policy Safety of Gymnasts, Coaches and Members of the Public at Invictus Gymnastics Centre.

Gymnasts should not enter the gymnastics training area until all large equipment including track, trampets and vaults are securely in place. Gymnasts should be supervised during the moving of gymnastics equipment and apparatus

Gymnasts are only to be involved in the following activities.

Moving of small items of equipment:

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

- Box tops (at least 2 people)
- Spring boards (at least 2 people)
- Safety mats/coaching blocks
- Small landing modules (2m by 3m size) (at least 2 people)
- Trampette (at least 2 people)
- Junior equipment including soft play items and remedial equipment kept

Floor area Gymnasts may clear the floor area of small items of equipment that has been used during the session.

The moving and replacing of individual floor mats should be carried out only as follows:

Gymnasts may turn, roll and unroll mats under supervision.

Vaulting horses may not be moved by gymnasts or helpers under the age of 18.

### **Gymnast Safety during Training**

Condition and arrangement of equipment:

Coaches and gymnasts should ensure that sufficient and appropriate matting is provided for the activities of the gymnasts under their control. Coaches should check the equipment for safety prior to starting, regardless of whether another group of gymnasts has already been performing on the same equipment.

Safety matting should not be removed from set -ups where gymnasts are working without prior consent from the coach in control of the gymnasts working on that apparatus. New set ups (those not previously used in our gym) must be agreed safe by the coach intending to use the set up and the Manager of Gymnastics and Coaching.

Gymnasts must practice only the skills that they have been instructed to on the set up provided. If gymnasts require a different set up, they must ask the coach to help them to set this up. Coaching and Supervision Gymnasts should be supervised, at all times whilst using the apparatus.

A Level 2 (or above) Coach to gymnast ratio of 1:16 must not be exceeded. For each Assistant Coach and additional 8 gymnasts are allowed. Coaches should ensure that they place themselves in a position that allows them to view, all of the gymnasts under their control.

A Gymnastics class or training session cannot take place/continue unless a fully qualified Coach is present (Level 2 or above in the appropriate discipline). Gymnasts should not perform new skills on apparatus including the Floor and tumble without close supervision and/or spotting or without the appropriate preparation having been given prior to the attempt. Gymnasts may not use the Trampoline for somersault practice without a coach to spot them on landing. Both gymnast and coach must be clear on which skill is being performed particularly in the case that the coach is required to spot or support the skill. Coaches should be aware that coaching a complete move where the full weight of the gymnast is taken by the coach during the move is not always the best practice for gymnast or coach. Coaches should be prepared to move the gymnast back to a previous preparation if full support is consistently being required.

As part of our child protection policy, coaches are not permitted to accompany individual Gymnasts to the toilet or changing facilities at Invictus Gymnastic Centre. Invictus Gymnastics Club cannot take responsibility events that may occur in the toilet or changing facilities at the Invictus Gymnastic Centre when children leave the gym hall to use them, however, if a gymnast is gone for a length of time that is a cause for concern, an older gymnast may be sent to check on him/her or two coaches may attend the facility together.

### **Behavior of Gymnasts**

Gymnasts must adhere to the Club rules and policies, with regard to their dress and conduct.

Gymnasts must not be allowed to run in the gym except as instructed as part of their training.

Gymnasts must not walk across any landing areas when the associated equipment is in use. This includes bars and beam landing areas. Gymnasts must not use any equipment without the express permission of a coach who agrees to supervise them.

Gymnasts should not indulge in rowdy or distracting behavior. Gymnasts should not use the equipment for anything other than what the coach has instructed or their program dictates. Gymnasts should not perform skills whilst eating or drinking. Coaches are expected to take reasonable steps to ensure the behavior of gymnasts is kept within the following guidelines by pointing out and identifying risks and reprimanding any unacceptable behavior.

### **Health of Gymnasts**

It is the parents and gymnasts, responsibility to alert the coaches to any injuries or illnesses that may affect their training. If a gymnast is showing signs of illness or complains of an injury, they should stop training until the coach is satisfied that it is safe for them to continue.

Gymnasts should not train when they are in pain or feel unwell, particularly in the case of: – Pain in the torso – Nausea or feeling sick – Breathing problems such as an asthma attack. In the case of an injury occurring in the gym, the appropriate guidelines for treatment and reporting must be followed carefully.

Any signs of illness or reported injury during training should be recorded in the Clubs incident book and include the outcome (eg gymnast felt unwell and sat out during one activity but then felt better and joined in with the rest of the class).

Gymnasts should be encouraged to drink regularly and often. The best way to ensure this is to send them to have drink before each time you move to another piece of apparatus or begin a new activity. Gymnasts are mostly children who do not understand unless we teach them the possible implications that certain activities may have on their immediate and future health.

It is our responsibility as coaches and parents to ensure that these children are given correct and sound instruction that will more likely result in a more perfect physical and psychological outcome than if they had not taken part in gymnastics, rather than the other way around.

#### **Training and rehabilitation of injured gymnasts**

In the case that a gymnast has sustained a serious\* injury, either in or outside of the gym, the proper procedures must be followed with regard to his/her return to training. Depending on the severity and location of the injury, it may be possible for the gymnast to continue with some aspects of their training (e.g. conditioning other parts of the body) during the healing stage. Express written permission and the advice of a medical or health professional should be sought before the gymnast re-commences training of any kind.

A full risk assessment must be carried out which should be read, understood and signed by all parties, including the gymnast, coaches and parents. This risk assessment can be updated as the gymnast progresses with his/her recovery. Coaches, parents and the gymnast are required to adhere to the conditions and guidelines set out in the risk assessment. The gymnast and his/her parents are responsible for ensuring the any physiotherapy appointments are kept and that any advice / exercise programs for rehabilitation are followed and where necessary communicated to the coach. Resumption of full training may only occur with the express written consent of a physiotherapist or consultant who has been dealing with the gymnast's injury and after.

A full physical assessment has been conducted by the Clubs Manager of Gymnastics and Coaching. Re-introduction to full training should and must be gradual, with the gymnast beginning on the basic elements before progressing to the stage at which he/she had reached prior to injury. \*Serious injury refers to: broken bones, ligaments or tendons or high grade sprains.

#### **Safety of Coaches at Invictus Gymnastics Club. Risk Assessment**

All Coaches and assistants are required to read the risk assessment which outlines the do's and don'ts with regard to their own physical safety. This risk assessment can be tailored for an individual where necessary but the basics remain the same. Responsibility to self and others Coaches are responsible for their own safety with regard to safe conduct and practice in the gym. Coaches also have a responsibility toward each other and to all gymnasts and members in the gym. In order to promote the safety of the gymnasts themselves and to uphold the values of the club, Coaches should abide by the code of conduct for coaches and officials.

**This policy was adopted by:**

**on:**

**Date to be reviewed:**

**Invictus Gymnastics Club**

**01.12.19**

**01.12.20**