Health and Safety Policy

Hinckley Olympics Gymnastics Club
Date of Issue: April 2026
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1. Policy Statement

Hinckley Olympic Gymnastics Club is committed to providing a safe and healthy environment for all gymnasts, staff, coaches, volunteers, and visitors. We aim to prevent accidents, reduce risks, and ensure full compliance with British Gymnastics guidelines, UK Health and Safety legislation, and local safeguarding policies.

Health and safety are everyone's responsibility. All members of the club are expected to play their part in upholding and promoting this policy.

2. Responsibilities

Club Management

- Ensure this policy is implemented, monitored, and reviewed annually.
- Oversee risk management and training.
- Provide appropriate training and resources to staff and volunteers.

Health & Safety (Management Team Responsibilities)

- Conduct regular risk assessments and safety audits.
- Ensure compliance with British Gymnastics health and safety guidance.
- Maintain records of accidents and incidents.
- Ensure compliance with emergency procedures and first aid provision.

Coaches and Staff

- Follow safety procedures and encourage safe behaviours.
- Conduct visual daily equipment and area checks before sessions.
- Ensure gymnasts are correctly warmed up and supervised at all times.
- Report any hazards, injuries, or concerns immediately.

Gymnasts and Parents/Guardians

- Follow club rules and safety instructions.
- Inform coaches of any injuries, illnesses, or special requirements.
- Use equipment only under supervision.

3. Risk Assessment and Control

- Formal risk assessments will be carried out for:
  - All training areas and apparatus
- Off-site events or competitions and a bespoke RA will be required when it arises.
  - Special activities (e.g., sleepovers, camps) and a bespoke RA will be required when they arise.
- Identified risks will be mitigated using control measures and documented. At New College, document these in agreement with the site HSO.

4. First Aid and Medical Provision

- A minimum of one trained First Aider will be present during all sessions.
- Fully stocked first aid kits will be available in all gym areas.
- A record of all injuries, however minor, will be logged using an Accident Report Form.

5. Equipment Safety

- Equipment will be checked before each session by the senior coach in charge and will be formally inspected monthly by the club's designated apparatus safety check officer. **ANTON BALEV**.
- Damaged or unsafe equipment will be taken out of use immediately and reported.
- Only trained staff are permitted to move or set up large apparatus.

6. Emergency Procedures

- Fire evacuation procedures will be clearly displayed and practiced termly.
- All staff and volunteers will be trained in the emergency action plan.
- Emergency exits must remain clear at all times.

7. Safeguarding and Welfare

- Health and safety practices will support the club's Safeguarding Policy.
- Coaches will ensure that all gymnasts feel physically and emotionally safe.
- Where a health concern impacts safety, individual plans will be created in collaboration with parents/guardians.

8. Communication and Training

- Staff and volunteers will receive regular health and safety training, including updates from British Gymnastics.
- This policy will be available to all members and displayed on the website.

9. Monitoring and Review

This policy will be reviewed annually or in response to significant incidents, changes in law, or British Gymnastics updates.