



Be
Gymnastics

HEALTH AND SAFETY POLICY STATEMENT

Be... Gymnastics is strongly committed to encouraging our members to take part in physical activity, but the health, well-being and safety of each individual is always our paramount concern.

HEALTH AND SAFETY POLICY:

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 dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
 - Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.

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.
 - Co-operate 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.



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CLUB HEALTH AND SAFETY OFFICER:

Beth Winter

FIRST AID:

Location of first aid facilities: Reception

Location of telephones: Coaches Mobile Phone

QUALIFIED FIRST AIDERS:

- 1) Beth Winter
- 2) Josie O'Connor