



TITAN GYMNASTICS

Unit 9, Summerstown, London - SW17 0BQ

m. 07852 367826

w. www.titangymnastics.co.uk

e. info@titangymnastics.co.uk

HEALTH AND SAFETY POLICY STATEMENT:

TITAN GYMNASTICS 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. We recommend levels of training dependent on age and ability, and expect our junior athletes to participate within these boundaries.”

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. This is identified within the membership form given and signed for when joining the club.
- 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.
- 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.
- 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.

ARRANGEMENTS FOR HEALTH AND SAFETY – RISK ASSESSMENT

- A risk assessment will be completed every 4 months
- Visual inspections will be continuously taken by each individual staff member as equipment is set up for each session
- Suitable action to be taken if necessary upon completion of the risk assessment
- A risk assessment will be reviewed when working habits or conditions change.

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ARRANGEMENTS FOR HEALTH AND SAFETY – TRAINING

- Coaches will stay up to date with teaching knowledge. Coaching courses will be made available to staff
- All members of the club are given guidance of safe lifting.

ARRANGEMENTS FOR HEALTH AND SAFETY – CONSULTATION

- Staff to be consulted on Health & Safety should matters arise and formally when all policies are reviewed

ARRANGEMENTS FOR HEALTH AND SAFETY – EVACUATION

- Staff to be guided on evacuation procedures which will be refreshed yearly.
- All escape routes well signed and kept clear at all times

CLUB HEALTH AND SAFETY OFFICER:



KYLE JOHNSON-WHITE

FIRST AID: Location of first aid facilities: Gym cabinet.

Location of telephones: Gym safety box on top of the cabinet

ALL QUALIFIED STAFF MEMBERS ARE QUALIFIED FIRST AIDERS: