Richmond Gymnastics Association
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DOCUMENT CONTROL

DOCUMENT AUTHOR

The author of the Health and Safety policy is the RGA Management Team

DOCUMENT LOCATION

Richmond Gymnastics Association\Richmond Gymnastics Association Team Site - Documents\Shared\Policies

DOCUMENT HISTORY

The following versions of the document have been produced.

Version	Description of Change	Date
V1.0	Baselined document (Final)	01/2018
V1.0	Reviewed with no changes	11/2019
V2.0	Updated	08/2022
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V2.0	Reviewed with no changes	08/2025
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DOCUMENT APPROVALS

The following individuals have been identified as approvers of the Health and Safety policy.

Name	Role	Date
Salme Naylor	Director of Coaching	08/2026
Melanie Sanders	Operations Manager	08/2026
Helen Gilbert	Health & Safety Board member	08/2026
Chris Brockbank	Board member	08/2026

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RGA Health & Safety Policy

The Association subscribes to the principles of safe practice and aims to ensure that anyone participating in gymnastics activities is able to do so in a safe and healthy environment.

RGA recognises its legal obligations under, and will abide by, the requirements of the BG Health & Safety Policy, and any later amendments.

Due to the complex nature of the sport, there are inherent risks in gymnastic activities. These risks can be minimised by adherence to best practice:

- The provision of a safe environment at all times including safe apparatus.
- Safe development of the individual through appropriate physical & psychological preparation and progressive skill development.
- Provision of suitable first aid support and emergency procedures.
- Exercising reasonable care at all times.
- Compliance with child protection and welfare policies and procedures.

RGA Responsibilities

The Association endeavours to promote the highest standards and will ensure that:

- The facilities are safe and well maintained, and that regular checks are made including heating, lighting, ventilation, and ceiling and wall fixings.
- The equipment is safe and well maintained, and that regular checks are made on all equipment and apparatus.
- The staff are suitably qualified, have pre-recruitment checks and British Gymnastics training.
- The staff have the competence and experience for their roles.
- A minimum of 2 adults are present during all training sessions.
- Qualified first aiders administer first aid, where appropriate, and accurate records of injuries and accidents are kept up to date.
- Coach/gymnast ratios are commensurate with the age and development of the groups.
- Electrical equipment is tested annually.
- Parental consent and medical information is gathered prior to gymnastic activity.
- Compliance with Data Protection regulations are adhered to.
- The appointed designated Child Protection Officer sits on the Management Committee.
- The appointed designated Health & Safety Officer sit on the Management Committee.

The RGA Health and Safety Policy will be regularly reviewed and will be updated as necessary.