Edinburgh University Gymnastics Club

Safety Policy

Edinburgh University Gymnastics Club (EUGC) will adhere to all aspects of the Scottish Gymnastics (SG) safety policy as well as the Safety and Child Protection Policy of the Edinburgh University Sports Union (EUSU). This includes coaching, provision of first aid and use of safety equipment.

1) Coronavirus
   a) Coaches and gymnasts should not attend training or any in-person club event if they, or a member of their household, are showing symptoms of COVID 19 and are required to self-isolate.
   b) Coaches and gymnasts should not attend training or any in-person club event if they are required to self-isolate for any other reason.
   c) Coaches and gymnasts should abide by any measures implemented by the club to reduce the spread of Coronavirus. This includes but is not limited to: signing in to all sessions, following all cleaning procedures as detailed by Scottish Gymnastics and British Gymnastics, and adhering to all guidance in place from Sport and Exercise and Edinburgh University Sports Union.
   d) Safety instructions on cleaning products must be read and followed.

2) Coaches
   a) All Coaches must have special training and as a minimum hold a British Gymnastics coaching qualification in a recognised gymnastics discipline, i.e. general gymnastics, artistic gymnastics, acrobatic gymnastics or rhythmic gymnastics, and have knowledge of emergency procedures. For a session to be run a coach with the minimum qualification of UKCC Level 2 coach or equivalent must be present to supervise the session. Additionally, one Assistant Coach must be present at every apparatus.
   b) Coaches must not exceed their level of qualification when coaching unless under the direct supervision of a higher qualified coach and as part of training to gain a higher qualification.
   c) A Coach must never exceed their level of competence and always hold the safety of the gymnasts as a priority.
   d) All coaches must be aware that first aid is located at the St Leonard’s Land swimming pool reception.

3) The Hall
   a) All Apparatuses must be placed away from other apparatuses and walls. If an apparatus is placed near a wall, the wall must be covered with mats.
   b) Light from the windows should not dazzle the gymnasts.
   c) The gym should be protected from stray balls or other projectiles.
   d) For apparatus higher than 50 cm mats should be placed around the apparatus.

4) Equipment Safety Check (to be carried out before use)
   a) The gym must be free of chalk or water.
   b) The two trampette hooks need to be placed in the provided holes.
   c) All Velcro mats (the red mats) have to be attached to each other such that there are no gaps.
   d) The blue spring cover of the trampette must be in place, such that the springs and frame are fully covered.
The springs of the springboard need to be checked for visible damage.

The vaulting box must be checked for stability.

The hanging ropes, the trapeze and the rings need to be checked for visible damage at the fixations. It must also be assured that the fixations are properly secured.

Only undamaged crash mats are allowed to be used as landing or safety mats.

There must be mats around the floor beam, vault, pommel horse, and mushroom

There must be mats underneath the beam, hanging rope, trapeze and rings.

There has to be a landing mat behind the trampette and the spring board when used for jumping.

The Air Track must be set up as described by the provider.

There must be a red floor mat underneath the crash mats at the end of the air track.

The wheels of the vaulting box must be fully retracted.

The bar must be secured in the wall bars. The wall bars must be fixed to the ground.

The vault table top must not move, and the belts should be tightened if it does.

The beam must be level and the screws on both legs tightened. The beam cover should be checked for visible damage and the foam ends should be attached to the beam.

The Velcro on the beam pad must be fully fastened.

5) Setting up apparatus
   a) Ensure everyone is clear of the vaulting box before retracting wheels of the vaulting box to avoid injury.
   b) Extra care should be taken when pushing the vault table on its wheels to avoid injury. Two people are required to lift vault off wheels.
   c) When pushing the trampette hooks into the provided holes fingers need to be away from the connection point.
   d) Crash mats, air track, and the beam need to be carried by at least two people.
   e) When releasing the hanging ropes, trapeze, or rings nobody must be below the apparatus.

6) Coaches should never allow
   a) Any gymnast to attend training if ill, under medication or on drugs, which will impair their ability to perform safely.
   b) Any gymnasts to wear solid sport shoes if at least one member does not wear solid sport shoes.
   c) Any fooling around on or nearby an apparatus.
   d) Any eating by the gymnast during training.
   e) Any jewellery, watches, chains or other items that might get caught up in equipment or other gymnasts to be worn. Any jewellery which cannot be removed must be covered with plasters.
   f) Any participation without suitable sports clothing.
   g) Anyone to sit on the apparatus, while someone else is using it.
   h) An accident to go unreported.
   i) Anyone to jump off any apparatus if no landing mats provided.
   j) Anyone to have loose hair or sharp nails.
   k) Gymnasts to attempt skills which they are not physically or mentally prepared for.

7) The gymnasts should
   a) Never start to set up the apparatuses without being instructed to do so by a coach.
   b) Never use apparatus if no qualified coach is present.
   c) Never attempt any skill without permission.
d) Never persuade a coach to allow them to attempt a skill that the coach is not qualified to supervise.
e) Never jump off any apparatus without a landing mat in place.
f) Pay attention to the advice given by the coach(es).
g) If in doubt, ask the coach(es).
h) Inform the coach(es) of any medical condition which may affect their fitness to participate.
i) Should not attempt a move if they do not feel safe or are scared of it.

Signed,

Victoria Cockburn

Secretary

Edinburgh University Gymnastics Club