Cambridge Cangaroos Trampoline Club - Health & Safety Policy

Health & Safety Policy** *(Aligned with British Gymnastics Health & Safety Policy)*

1. Policy Statement

Cambridge Cangaroos Trampoline Club is committed to providing a safe, healthy, and supportive environment for all members, coaches, volunteers, visitors, and contractors. We follow the standards set out by **British Gymnastics**, ensuring that all activities are delivered safely, responsibly, and in accordance with national governing body requirements.

The Club recognises its duty of care under:

- The Health and Safety at Work Act 1974
- The British Gymnastics Health & Safety Policy
- Safeguarding and welfare legislation
- Local authority requirements for venue use

Our goal is to prevent accidents, minimise risks, and promote a positive safety culture throughout the club.

2. Responsibilities

2.1 Club Management Committee

The Committee is responsible for ensuring:

- Compliance with British Gymnastics policies and guidance
- Adequate resources for safe operation (equipment, training, venue standards)
- Regular review of risk assessments and safety procedures
- Appointment of competent coaches and welfare officers
- Incident reporting and follow-up actions

2.2 Head Coach & Coaching Team

Coaches must:

- Deliver sessions safely and in line with BG coaching standards
- Conduct pre-session equipment and venue checks
- Ensure participants are appropriately supervised
- Adapt activities to individual needs and abilities
- Report hazards, incidents, or near misses promptly
- Maintain up-to-date coaching qualifications and CPD

2.3 Welfare & Safeguarding Officers

Responsible for:

- Ensuring safeguarding and safety interdependencies are upheld
- Supporting safe participation for all members
- Managing welfare concerns and liaising with BG Safeguarding Team

2.4 Volunteers & Helpers

Volunteers must:

- Follow club safety procedures
- Support coaches in maintaining a safe environment
- Report hazards or concerns immediately

2.5 Participants & Parents

Participants and parents are expected to:

- Follow safety instructions from coaches
- Wear appropriate clothing and remove jewellery
- Inform coaches of medical conditions or injuries
- Use equipment only when supervised

3. Venue Safety

Cambridge Cangaroos operates from our dedicated unit in Cambridge. The venue must provide;

3.1 Access & Egress

- Clear, unobstructed access routes
- Emergency exits clearly marked and functional
- Fire safety equipment visible and accessible

3.2 Training Area

- Sufficient space around trampolines
- Approved trampoline beds, frames, end decks, and mats
- Safety matting positioned correctly
- No unauthorised equipment in the training zone

3.3 Environmental Conditions

- Adequate lighting and ventilation
- Safe floor surfaces
- Temperature suitable for physical activity

3.4 Spectator Areas

- Designated viewing zones

- Clear separation from training equipment
- Safety notices displayed

4. Equipment Safety

4.1 Inspection & Maintenance

- All trampolines inspected before each session
- Weekly equipment checklist completed by coaching staff
- Faulty equipment removed from use immediately
- Annual professional servicing where required

4.2 Storage

- Equipment stored safely to prevent damage or obstruction
- Mats and end decks secured when not in use

5. Risk Assessment

The Club maintains risk assessments covering:

- Venue hazards
- Trampoline equipment
- Participant behaviour and ability
- Emergency procedures
- Safeguarding interdependencies

Risk assessments are reviewed:

- Annually
- After incidents
- When new equipment or venues are introduced

6. Safe Coaching Practice

Coaches must follow British Gymnastics' Safe Participation guidance, including:

- Progressive skill development
- Spotting techniques where appropriate
- Managing fatigue and injury risk
- Ensuring ratios are appropriate for the activity
- Adapting sessions for SEND participants

7. Emergency Procedures

7.1 First Aid

- A trained first aider present at every session
- First aid kits accessible and regularly checked
- Emergency contact details available for all members

7.2 Incident Reporting

All incidents, injuries, or near misses must be recorded using:

- Club incident forms
- British Gymnastics online reporting system (where required)

Serious incidents must be reported to:

- British Gymnastics
- Parents/guardians (for minors)

7.3 Evacuation

- Coaches lead evacuation procedures
- Registers taken at assembly points
- Venue-specific evacuation plans followed

8. Training & Competency

The Club ensures:

- All coaches hold valid BG qualifications
- Volunteers receive safety briefings
- Annual refresher training on emergency procedures
- Safeguarding training for all relevant roles

9. Safeguarding & Welfare

Safety is integrated with safeguarding. The Club follows:

- British Gymnastics Safeguarding Policy
- Local safeguarding partnership guidance
- Procedures for managing concerns, disclosures, and wellbeing issues

10. Review of Policy

This policy is reviewed:

- Annually by the Club Committee
- Following significant incidents
- When British Gymnastics updates national policy

Latest review date: **September 2026** Next review due: **September 2027**

11. Approval

This Health & Safety Policy is approved by the Cambridge Cangaroos Trampoline Club Committee.

Chair: _____

Head Coach: _____

Welfare Officer: _____

Date: _____