



GYMNASTICS

Safety Guide

Sports Recreation

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Checklist Items

KEY BENEFITS

Flexibility

Increases flexibility and range of motion through stretching and dynamic movements.

Balance & Coordination

Enhances balance and coordination with routines on different apparatuses.

Muscular Strength

Builds muscular strength and endurance through body-weight exercises and routines.

Mental Focus

Develops mental focus and discipline necessary for mastering complex skills.

Body Awareness

Improves body awareness and proprioception through precise and controlled movements.

Injury Prevention

Supports injury prevention and overall physical health with proper training techniques.

KEY HAZARDS & CONTROL MEASURES**Falling from Heights**

- ✓ Use safety harnesses or spotting belts where appropriate
- ✓ Provide adequate mats and padding
- ✓ Ensure equipment is securely installed
- ✓ Train participants on safe dismounts and landings

Faulty Gymnastics Equipment

- ✓ Regularly inspect and maintain all equipment
- ✓ Repair or replace damaged equipment promptly
- ✓ Use equipment that meets safety standards
- ✓ Train staff to identify and report issues

Inadequate Spotters/Supervision

- ✓ Ensure sufficient trained spotters available
- ✓ Provide training on proper spotting techniques
- ✓ Assign experienced coaches to supervise high-risk activities

Incorrect Techniques

- ✓ Provide qualified instruction on correct techniques
- ✓ Use progressive training to build skills safely
- ✓ Monitor and correct improper techniques

Poorly Maintained Mats

- ✓ Inspect mats regularly for wear or damage
- ✓ Replace or repair as needed
- ✓ Ensure mats are correctly positioned and secured

Overcrowded Training Areas

- ✓ Limit number of participants in training area
- ✓ Schedule sessions to manage group sizes
- ✓ Organize equipment to maximize space

Safeguarding Concerns

- ✓ Implement safeguarding policy and train all staff
- ✓ Conduct background checks on coaches
- ✓ Provide clear reporting procedures
- ✓ Foster environment of trust and respect



Overuse Injuries

- ✓ Incorporate variety in training to reduce strain
- ✓ Provide rest periods and recovery time
- ✓ Encourage proper techniques to minimize stress

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Apparatus & Equipment

- All apparatus inspected and secure
- Adequate spacing between equipment
- First aid kit accessible
- Mats positioned correctly
- Floor clean, dry, hazard-free

Participants

- Appropriate gymnastics attire
- Hair tied back securely
- No jewellery or accessories
- Any injuries/health issues declared



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