

NWG Safe Participation Policy

This Safe Participation Policy outlines our commitment to ensuring that all gymnastics activities are delivered in a safe, supportive, and well-managed environment. This policy aligns with British Gymnastics guidance and should be read in conjunction with our other policies.

1. Policy Statement

- We are committed to providing a safe environment in which all participants can enjoy and benefit from gymnastics.
- The safety, welfare, and wellbeing of gymnasts is our priority at all times.
- All activities will be delivered in a manner that minimises risk while supporting appropriate challenge and progression.

2. Scope

- This policy applies to all gymnasts, parents and carers, coaches, staff, volunteers, and visitors.
- It applies to all gymnastics activities delivered by the club, including recreational sessions, squad training, competitions, events, and any club-organised activities.

3. Roles & Responsibilities

- The club is responsible for ensuring appropriate safety measures, policies, and procedures are in place.
- Coaches and staff are responsible for delivering sessions safely, following risk assessments, and adhering to recognised coaching standards.
- Parents and carers are responsible for ensuring gymnasts attend sessions fit to participate and for sharing relevant information that may affect safe participation.
- Gymnasts are expected to follow coaching instructions and club rules to support their own safety and the safety of others.

4. Risk Assessment & Session Management

- Appropriate risk assessments are in place for activities, equipment, and environments.
- Sessions are planned and delivered with consideration for age, ability, experience, and individual needs.

- Coach-to-gymnast ratios will be maintained in line with recognised guidance.
- Equipment will be checked regularly to ensure it is safe and suitable for use.

5. Health, Fitness & Medical Information

- By enrolling and attending sessions, parents and carers confirm that the gymnast is fit and able to participate.
- Any medical conditions, injuries, or changes in circumstances that may affect safe participation must be disclosed to the club as soon as reasonably practicable.
- Where appropriate, reasonable adjustments may be made to support participation, subject to safety considerations.

6. Safe Training Load & Welfare

- Training programmes are designed to support appropriate physical and emotional development.
- Consideration will be given to rest, recovery, and overall training load, particularly for squad and performance gymnasts.
- Parents and carers are encouraged to communicate openly with coaches regarding wellbeing, fatigue, or concerns.

7. Behaviour & Conduct

- All participants are expected to behave in a manner that supports a safe and positive training environment.
- Unsafe behaviour, misuse of equipment, or failure to follow instructions may result in a participant being asked to stop the activity to maintain safety.

8. Accidents, Injuries & Emergencies

- Appropriate first aid provision is available during sessions.
- All accidents and incidents will be recorded and managed in accordance with club procedures.
- Parents and carers will be informed promptly where an injury or incident occurs.

9. Monitoring & Review

- This policy will be reviewed regularly to ensure it remains effective and aligned with British Gymnastics guidance and best practice.



- Updates may be made to reflect changes in legislation, safeguarding requirements, or operational needs.