



Health & Safety Policy – Bloom Elite Cheerleading & Gymnastics

Version Number	1.0
Date Policy Created	31st July 2026
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Date Policy Amended	
Amended By	
Next Review Date	31st July 2028

Purpose and Scope

Bloom Elite Cheerleading & Gymnastics is committed to providing a safe, healthy and supportive environment for all athletes, coaches, staff, volunteers, parents and visitors.

We recognise our responsibility to minimise risks associated with our activities and to take all reasonably practicable steps to prevent accidents, injuries and ill health during training sessions, competitions, events and any other club activities.

This policy applies to everyone participating in, working for or visiting Bloom Elite Cheerleading & Gymnastics.

Responsibilities

Bloom Elite Cheerleading & Gymnastics will:

- Provide a safe training environment.
- Carry out suitable risk assessments.
- Maintain equipment in a safe condition.
- Ensure emergency procedures are in place.
- Provide appropriate first aid arrangements.
- Review accidents and incidents to improve safety.
- Ensure coaches are appropriately qualified and competent.
- Promote a positive safety culture throughout the club.

Coaches, Staff and Volunteers will:

- Put athlete safety first at all times.



- Conduct visual safety checks before every session.
- Deliver activities appropriate to each athlete's age and ability.
- Supervise all training sessions appropriately.
- Report hazards, accidents and near misses immediately.
- Ensure emergency exits remain clear.
- Stop any activity they believe is unsafe.
- Follow all club policies and procedures.

Athletes will:

- Follow coaches' instructions at all times.
- Behave responsibly and respectfully.
- Wear appropriate clothing and footwear.
- Remove jewellery before participating.
- Inform coaches immediately if injured or feeling unwell.
- Respect club equipment and facilities.
- Never attempt skills without coach supervision.

Parents and Guardians will:

- Provide accurate medical and emergency contact information.
- Inform the club of any medical conditions, injuries or changes to health.
- Ensure athletes arrive suitably dressed and equipped.
- Support the club's health and safety procedures.
- Collect children promptly following sessions.

Risk Assessments

Bloom Elite Cheerleading & Gymnastics will carry out suitable and sufficient risk assessments for all training venues, competitions and organised events.

Risk assessments will identify hazards, evaluate risks and implement appropriate control measures.

Risk assessments will be reviewed:

- annually;
- following significant changes;
- after an accident or near miss;
- when new equipment or activities are introduced.

Safe Coaching Practices



All activities will be delivered safely and progressively.

Coaches will ensure:

- athletes only perform skills suitable for their ability;
- appropriate spotting is used where required;
- athletes are physically prepared before attempting new skills;
- adequate warm-ups and cool-downs are completed;
- sufficient space is available for activities;
- athletes are supervised at all times during training.

No athlete will be pressured into attempting a skill they are not physically or mentally prepared to perform.

Clothing and Personal Equipment

Athletes must:

- wear appropriate sports clothing suitable for cheerleading or gymnastics;
- wear clean indoor trainers where required;
- tie long hair securely back;
- remove all jewellery before participating;
- keep fingernails short enough to reduce the risk of injury during stunting;
- avoid chewing gum whilst participating.

Any athlete wearing inappropriate clothing or jewellery may be asked not to participate until the issue has been resolved.

Equipment Safety

All equipment used by Bloom Elite Cheerleading & Gymnastics will be maintained in a safe condition.

Coaches will:

- inspect equipment before use;
- remove damaged equipment from service immediately;
- report damaged equipment;
- ensure equipment is stored safely after use.

Athletes should never use equipment without coach supervision.

Medical Information



Parents or guardians must inform the club of:

- allergies;
- asthma;
- epilepsy;
- diabetes;
- existing injuries;
- medical conditions;
- medications that may affect participation.

This information will be held securely and only shared where necessary to protect the athlete's health and safety.

First Aid

Bloom Elite Cheerleading & Gymnastics will ensure that an appropriately trained First Aider is available during club activities wherever reasonably practicable.

First aid kits will be regularly checked and replenished.

All accidents requiring first aid will be recorded in the club's accident record.

Parents or guardians will be informed as soon as reasonably practicable where treatment has been required.

Injuries and Returning to Activity

Any athlete who becomes injured during training must stop participating immediately and inform a coach.

Where appropriate:

- first aid will be administered;
- emergency services will be contacted;
- parents or guardians will be informed.

Athletes recovering from injury should only return when they are medically fit to do so.

Any athlete suspected of sustaining a concussion or serious head injury must not return to activity until appropriate medical advice has been obtained.

Emergency Procedures



Coaches will familiarise themselves with emergency procedures for every venue used by the club.

Emergency procedures include:

- evacuation in the event of fire;
- contacting emergency services where required;
- accounting for all athletes;
- contacting parents or guardians where appropriate.

Emergency exits must remain clear at all times.

Hygiene and Infection Control

To help maintain a safe training environment:

- equipment will be cleaned regularly;
- athletes should not attend training if suffering from a contagious illness;
- any blood or bodily fluid spillages will be cleaned using appropriate procedures;
- cuts and abrasions should be covered before participation.

Good personal hygiene is encouraged at all times.

Behaviour and Safety

Unsafe behaviour will not be tolerated.

Examples include:

- ignoring coach instructions;
- dangerous behaviour during stunting or tumbling;
- misuse of equipment;
- aggressive or reckless behaviour;
- behaviour that places others at unnecessary risk.

Appropriate action may be taken where unsafe behaviour continues.

Competitions, Events and Travel

When attending competitions or organised events, Bloom Elite Cheerleading & Gymnastics will:

- ensure appropriate supervision ratios;



- carry emergency contact information;
- provide first aid arrangements where reasonably practicable;
- assess venue-specific risks;
- communicate relevant arrangements with parents and athletes.

Further guidance regarding supervision and safeguarding at events can be found in the club's Safeguarding & Child Protection Policy.

Accident Reporting

All accidents, injuries, incidents and significant near misses should be reported to a coach as soon as possible.

The club will maintain appropriate accident records and investigate incidents where necessary to reduce the likelihood of recurrence.

Review

This policy will be reviewed every two years or sooner if:

- legislation changes;
- guidance is updated;
- significant incidents occur;
- club activities change substantially.

Bloom Elite Cheerleading & Gymnastics is committed to continually improving the health, safety and wellbeing of everyone involved in the club.

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