



HEALTH & SAFETY POLICY

This is a statement of general policy and arrangements for Astrid Academy of Movement.

We will actively maintain and promote good health and safety procedures and will:

- Maintain safe and healthy work conditions.
- Provide adequate control of the health and safety risks at our club including equipment checks, the facilities are safe and well maintained, and that regular checks are made including heating, lighting, ventilation, and ceiling and wall fixings.
- Be open to comments and suggestions from our employees, participants and their parents on matters relating to health and safety.
- Compliance with child protection and welfare policies and procedures.
- Provide information, instruction and supervision for employees and participants and make them aware of this policy.
- Ensure all employees are capable of doing their tasks, hold any required qualifications, and that they receive adequate training.
- Provision of First Aid support & Emergency procedures.
- Record any harm or injuries that occur in an Accident Book and make changes where required to avoid similar incidents in the future.
- Ensure arrangements are in place in case of a fire.
- Safe development of the individual through appropriate physical & psychological preparation and progressive skill development.
- Coach/gymnast ratios are commensurate with the age and development of the groups.
- The appointed designated Child Protection Officer sits on the Management Committee.

Date: Revised January 2026.

Approved by: Hannah Reader