

Vortex Gymnastics Health and Safety Procedures

1. Assess the situation

Quickly evaluate the incident to determine the nature and severity of any injury or concern.

2. Provide necessary First Aid (if applicable)

Administer appropriate first aid in line with the level of training and the nature of the incident.

3. Monitor the child/gymnast

Continue to observe the child's condition, to assess their response and recovery.

4. Allow time for the child/gymnast to re-join the class (approximately 20 minutes)

Give the child time to recover and assess whether they are fit to return safely.

5. Contact the parent/guardian if the child does not return to class activities or if the coach deems it necessary

Inform the parent/guardian and request collection if the child is unfit to continue.

6. If the child re-joins the class, inform the parent/guardian of the injury upon collection at the end of class

Ensure the parent/guardian is made aware of the injury that occurred.

7. Complete the incident report form

Document the incident thoroughly, regardless of severity, using the official form.