Okehampton Flyers Gym, Trampoline & DMT Club

Safeguarding Policy

Okehampton Flyers Gym, Trampoline & DMT Club is committed to ensuring that those working with children and vulnerable adults adopt best practice to ensure the health, safety and welfare of the participants and staff.

The club will endeavour to promote a high standard of care for all members, staff and officials by ensuring:

- The adoption of the BG Health, Safety and Welfare guidelines
- The adoption of the BG guidelines for the protection of children and vulnerable adults
- The appointment of a welfare officer to whom grievances or complaints can be made confidentially
- That staff are suitably trained in child protection and health, safety and welfare issues
- That coaches and officials have been screened to confirm their suitability to work with children
- That best coaching practice guidelines are followed at all times
- That grievances or complaints are dealt with promptly and in accordance with the grievance procedure.

For our welfare officer's contact details, please see our safeguarding page: https://okehamptonflyers.org.uk/welcome/safeguarding/

Spotting and Manual Support

Supporting the gymnast is an essential part of coaching gymnastics as it helps the gymnast to understand shapes, movement patterns and complex skills. It also reduces the risk of injury due to a fall or error in performance. If you have any concerns about spotting and manual support methods (ie. 'catching' a gymnast during a skill), please contact our head coach or welfare officer.

Flexibility/Stretching Exercises

Our coaches follow these guidelines:

- Use slow, progressive and prolonged stretching exercises, within the "discomfort zone", rather than what might be considered to be excessive force
- Avoid exercises that place the coaches and gymnasts in "close proximity".
- All club coaches follow the BG Flexibility Training guidance.

Equality and Diversity Policy

Okehampton Flyers Gym, Trampoline & DMT Club is committed to exemplary standards of conduct through the principles of equality and good moral and ethical frameworks.

The club will encourage individuals from all communities to become involved at all levels of participation, coaching, officiating, and management, and will ensure that all members and staff will:

- Respect the rights, dignity and worth of every human being
- Treat others fairly and equally regardless of gender, age, ethnic origin, religion, political persuasion or disability
- Not tolerate discrimination in any form
- Permeate equity and equality throughout strategic and development plans.