



Course
150

Safety 1 -
General Guidelines



Alpha Omega Safety



Alpha Omega Gymnastics strives to teach students lessons in a fun and safe environment. We have a very aggressive safety program. We know that the risk of injury can never be eliminated, but we work to reduce the risk of injury in 3 ways.

- 1) We educate and train our staff
- 2) We educate and train our students
- 3) We educate our student's parents

We educate and train our staff



Staff Members' required training includes:

- a. Instructor Membership with USA Gymnastics
- b. USA Gymnastics Background Check (18 years old and up)
- c. USA Gymnastics U100 Course - Fundamentals of Gymnastics Instruction
- d. USA Gymnastics U110 Course - USOC Safe Sport - How to protect children from child predators
- e. USA Gymnastics U101 Course - Safety & Risk Management

We educate and train our staff



Staff Members' required training includes:

- f. CPR & First Aid Certification
- g. Regular in-house staff training sessions
- h. Various seminars and conferences during the year.
- i. Our instructors follow pre-planned lessons that are progressively based. They are trained in proper spotting technique and allow their students to move at their own pace.
- j. Our Staff exercises a zero tolerance to any unsafe behavior.

We educate and train our students



- a. We talk to our students daily about staying safe and following safety rules.
- b. We directly supervise all activities. 80% of all accidents that occur are unsupervised.
- c. Our Students follow proper skill progressions that are planned out. They learn and master the simpler skills before moving on to more difficult skills.

We educate our students' parents



- a. We publish regular posts and other literature, which is full of information pertinent to each child's fun and safe experience.
- b. We publish each child's progress and skills that they have successfully mastered.
- c. We strive to keep an open door with each parent so that they will feel comfortable to approach their child's instructor with questions or concerns.
- d. We encourage parents to talk to their children and our instructors about things that they are doing that look unsafe.

Staff: Safety on the job



The Company complies with all state and federal laws, regulations, and standards related to ensuring a safe work environment. Furthermore, it is each Staff Member's responsibility to adhere to and to enforce all safety rules and regulations set forth by the Company. This is extended to also include reporting any such infractions or other unsafe behavior to the appropriate manager.

Staff: Safety on the job



Students should never be left alone at the gym, and Staff Members should never place themselves in a situation where they are alone with any student.

Staff Members should never change clothes in front of a student or other Staff Member.

Staff: Safety on the job



Staff Members are not permitted to change diapers or assist a student in changing their clothes. This should always be deferred to the student's parent, or possibly another Mom in the waiting area. In rare cases when a parent is not present, and if absolutely necessary, 2 female Staff Members may work together to assist the student, after notifying the manager. Male Staff Members are never permitted to be involved with this process.

Staff: Safety on the job



Proper skill progressions for students must always be adhered to. Classes and students should never be left unattended. Immediate supervision is required for all activities. This means that Staff Members must be immediately in the area, not across the gym or talking with another person. Staff Members should never turn their back to any part of their class. They should always position themselves to observe all in their class at all times.

Staff: Safety on the job



No student may use any type of mini-tramp/tumble tramp without an instructor on the mat who is qualified to spot the participant. No spectators (siblings, parents, friends, relatives, or any others) are allowed on the gym floor or any gymnastics equipment, trampolines, tumble tramps, mini-tramps, or any inflatable devices. This applies during open gyms, birthday parties, private sleepovers, one 2 one lessons, classes, etc. (exceptions would be for parent/child classes/events, but only students are allowed to be on the equipment, performing skills).

Staff: Safety on the job



Staff Members are not permitted to attempt any gymnastics, tumbling, or trampoline skills. If a Staff Member is injured on the job, they must report their injury to AOG ownership within 24 hours of such incident.

Instructors should use safe spotting technique when spotting - wide base, bent knees, student in close (arms not extended) - They should look out for flailing elbows/knees, etc.

In the event of injury to a Staff Member, parent, or student, call 911 if in doubt. Always err on the side of caution.

Medication should never be given to a child under any circumstance.

Staff: Safety on the job



Any injury should be followed up with a written incident report and a copy of the report left with the appropriate manager. A follow up phone call should be made to the injured party/parent the next day and additional information should be added to the report.

Staff Members can check with their manager for specifics on first aid supplies.

Failure to comply with the company's safety policies can lead to disciplinary action, up to and including immediate termination of employment.

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Thank you. You have completed this course. We hope that you valued the content as you continue to grow your acumen in order to be the Team Member that you and AOG desire!

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