

# **Rimbey Gymnastics Society**

## **Accident Prevention Policy**

Updated/Approved April 19, 2024

The Rimbey Gymnastics Society uses top-quality equipment that is checked on an ongoing basis to ensure it is in good condition. The coaches follow a program of safe use of the equipment and athletes are taught how to use all equipment properly.

An athlete who does not follow the instructions and/or basic safety rules provided by a coach, and who does not use the equipment in a safe manner can hurt themselves or someone else. An infraction of basic safety rules may lead to a time out or removal of an athlete from class to reflect on safety rules.