

# Waikato Badminton Association Gym Policy for Health and Safety

## 1. Introduction

At Waikato Badminton Association, we prioritize the health and safety of our members, staff, and visitors. This policy outlines our commitment to maintaining a safe environment within our gym facility.

## 2. General Guidelines

2.1. All individuals accessing the gym facility must adhere to the rules and regulations set forth by the Waikato Badminton Association.

2.2. The gym equipment is to be used solely for their intended purposes. Any misuse or unauthorized modifications to the equipment are strictly prohibited.

2.2.1 If uncertain about the proper usage of gym equipment, seek assistance from the staff. If staff members are unavailable, refrain from using the gym equipment until guidance is available.

2.3. Individuals are responsible for their own safety and are required to report any hazards, unsafe equipment, or incidents to the gym staff immediately.

2.4 Replace all weights and equipment back to their proper place when finished and wipe down equipment after use.

2.5 Users of the gym must be at least 15 years old. WBA needs a parent or guardian's written consent before allowing a 15-year-old to utilize the gym's equipment. Users that are 16 years old and older do not need parental or guardian clearance.

## 3. Equipment Safety

3.1. All gym equipment must be used in accordance with manufacturer guidelines and instructions.

3.1.1. Access manufacturer guidelines and instructions for equipment usage on the respective equipment brands' manufacturer websites.

3.2. Users are responsible for inspecting equipment prior to use. Any damaged or malfunctioning equipment must be reported to gym staff and should not be used until repaired or replaced.

3.3. Proper athletic footwear with enclosed toes must be worn at all times while using the gym facility to prevent slips, trips, and falls.

## 4. Personal Safety

- 4.1. Individuals should warm up adequately before engaging in physical activity to prevent injuries.
- 4.2. Hydration is important during physical activity. Users are encouraged to bring their own water bottles and stay hydrated throughout their workout.
- 4.3. Individuals with pre-existing medical conditions or injuries should consult with a healthcare professional before engaging in physical activity.

## 5. Emergency Procedures

- 5.1. In the event of an emergency, individuals should follow the evacuation procedures posted within the facility.
- 5.2. First aid kits are available within the facility. In case of injury, individuals should seek assistance from gym staff and utilize the first aid supplies as necessary.
- 5.3. Emergency contact information for local medical services is posted within the facility for quick reference.

## 6. COVID-19 Safety Measures

- 6.1. All individuals must adhere to the COVID-19 safety guidelines in accordance with the New Zealand government rules and guidelines.
- 6.2. Individuals experiencing symptoms of COVID-19 or who have been in contact with someone diagnosed with COVID-19 should refrain from visiting the gym facility until it is safe to do so.

## 7. Enforcement

- 7.1. Failure to comply with the gym policy for health and safety may result in disciplinary action, including suspension of gym privileges.
- 7.2. The Waikato Badminton Association reserves the right to amend this policy as necessary to ensure the ongoing health and safety of all individuals within the facility.

## 8. Conclusion

The Waikato Badminton Association is committed to providing a safe and healthy environment for all individuals utilizing the gym facility. By adhering to the guidelines outlined in this policy, we can work together to prevent accidents and injuries and promote overall well-being.