



Safety Guidelines for Instructors and Coaches

USA Gymnastics recommends posting this information in the staff office or other place where it can be reviewed by staff prior to beginning daily activities.

Dress code (recommendation)

- Staff shirt neat, clean and tucked in
- Athletic pants or shorts (professional in length)
- Athletic shoes or socks alone
- Hair should be neat in appearance and be securely tied back
- Minimal or no jewelry

Properly plan the activity

- Written daily lesson plans are important!
- Provide several stations to maximize activity time per event

Provide adequate and proper apparatus and equipment

- Prior to teaching an event, double check the following
 - Hardware used to tighten the apparatus is secure
 - Mats are properly placed and secured, no gaps
 - Obstacles are not in the vicinity of the activities
- Ensure personal equipment fits properly and is used appropriately

Know your students

- Name
- Medical conditions
- Longevity in program
- Prior experience
- Skill level

Provide proper instruction

- Continually review falling and landing drills on each event
- Review basic skills and positions
- Teach with proper progressions
- Provide safety education regularly

Supervise ALL activities

- Keep ALL of your students within your “field of vision”
- Reposition yourself or the piece of equipment/apparatus to oversee all students and activities
- Use direct and indirect supervision as needed

Keep adequate records

- Lesson plans
- Progress reports
- Individual file per student
 - Incident Report Forms
 - Notes from parent/guardian
 - Medical information