**Gym Induction Guidelines**

*(Based upon BAWLA guidelines)*

1. **General principles:**
* Everyone owes everyone else a duty of reasonable care.
* Any person in the working environment should be involved in the safety operation.
* The FBC gym rules should be followed at all times.
1. **Personal Safety:**
* No person may use free weights unsupervised by a qualified person until they have satisfied the authorities (i) of their technical competence to handle and lift weights; (ii) by demonstrating an appreciation of their responsibility to health and safety issues.
* Only suitably fit persons should practise weight training.
* Training through injuries can lead to serious, long-term problems.
* Suitable preparation should be made before using the weights.
* Appropriate clothing for protection and warmth should be worn.
1. **Equipment Safety:**
* All equipment must be checked before use.
* Any faults or relevant observations should be recorded in the Incidents book.
* Equipment seen as or suspected of not being fully functional and in good working order must not be used.
1. **Setting up the Training area:**
* Equipment in use should be spaced adequately to allow for reasonable contingency.
* The number of athletes should be restricted to allow sufficient space to train (see previous).
* Weights should be correctly loaded and locked before each lift.
* Loose weights to be kept where they will not create a hazard to other users.
1. **Lifting Weights:**
* The style of training should reflect the targeted benefit, given the athlete's competence.
* Correct technique should be applied at all times.
* Athletes should be aware of other users and spot\* for them, when required
\* – Spotting is a specific skill that needs to be coached as part of the Induction process alongside weightlifting.
1. **Finally:**
* Follow a warm-down and stretch routine to improve recovery and reduce DOMS.
* Tidy away all weights appropriately.