

HEALTH AND SAFETY CHECKLIST FOR GYMS *by* **WOD GURU**

RISK ASSESSMENT AND EQUIPMENT MAINTENANCE

- Conduct Regular Risk Assessments:** Identify and evaluate potential danger points and moments in the gym.
- Routine Equipment Inspections:** Ensure all fitness equipment is regularly inspected and maintained.
- Document Maintenance Activities:** Keep detailed records of all maintenance activities for compliance.

LEGAL REGULATIONS COMPLIANCE

- Consumer Protection:**
 - Include clear cancellation clauses in membership contracts.
 - Maintain escrow accounts to ensure refunds if the facility fails to open.
- Safety Requirements:**
 - Schedule regular equipment maintenance and inspections.
 - Ensure staff have proper certifications and safety training, including first aid and emergency response.
 - Install and maintain AEDs on-site, adhering to relevant legislation.
- Employment and Labor Laws:**
 - Comply with wage and hour laws, and properly classify employees.
 - Ensure fitness trainers are licensed or registered as required.

DATA PROTECTION AND PRIVACY

- Biometric Data Compliance:** Obtain written consent for biometric data collection and implement data retention and destruction policies.

INDUSTRY STANDARDS AND BEST PRACTICES

- Adhere to Codes of Practice:** Follow industry codes covering business operations, consumer agreements, and termination policies.

GYM HEALTH AND SAFETY TIPS

- Sanitation and Contactless Check-Ins:** Implement and promote hygiene practices, including sanitation stations and contactless check-in options.

- Gym Layout and Design:** Ensure adequate space in changing rooms and hallways, and gather member feedback to optimize design.
- Staff Soft Skills:** Beyond certifications, emphasize interpersonal skills and a commitment to educating members.

EMERGENCY PREPAREDNESS

- First Aid Kits:** Keep well-stocked first aid kits accessible throughout the gym, regularly check and replenish supplies.
- CPR Training:** Provide periodic CPR training for staff to ensure readiness for emergencies.

INJURY PREVENTION

- Warm-Up and Cool-Down:** Educate members on the importance of warm-ups and cool-downs to prevent injuries.
- Follow Instructor Guidelines:** Encourage adherence to instructor advice on exercises and hydration.

SAFE EQUIPMENT STORAGE

- Organized Storage:** Ensure equipment is stored securely to prevent items from falling and to facilitate easy access.

DIFFERENT TYPES OF GYMS - MAINTENANCE NEEDS

- Tailored Maintenance:** Address specific maintenance needs for different facilities, from martial arts studios (weapons) to gyms with treadmills and bikes.

INDOOR AIR QUALITY

- Improve IAQ:** Install fans,
- regularly replace HVAC filters,
- use portable air filters,
- implement air quality monitoring systems.

EMERGENCY PROCEDURES

- Clear Emergency Protocols:** Establish and communicate clear procedures for emergencies, ensuring all staff are familiar with them.
- Hang the evacuation route diagrams and signs in visible places.