



STARS GYM CLUB



LARGE APPARATUS SAFETY INSPECTION CHECKLIST

Venue: _____ Checked by _____

The following checklist is intended as a guideline for coaches for the general inspection of gymnastics apparatus and it is recommended that suitably qualified personnel conduct a full annual inspection. This checklist is by no means exhaustive.

EQUIPMENT	CHECK	COMMENT
1. <u>FASTENINGS AND ATTACHMENTS</u>		
Floor anchor plates	Screws are tight, plate not bent. Damage or wear to threads.	
Eye bolts	Eyebolt tight.	
Wall, roof brackets	Clamps or bolts and nuts tight and not worn.	
2. <u>FLOOR COVERING</u>		
General floor matting	Damage, tears or rucking: gaps between mats; free from dirt.	
3. <u>FLOOR EXERCISE AREA</u>		
Structure of floor area	Damage to springs; wooden panels, separation between panels and surrounding boards.	
Carpet covering	Tears, rucking or separation of mats, general wear.	
Tumbling/agility mats/landing matting	Damage, tears, rucking, worn surfaces, gaps in foam.	
4. <u>VAULTING EQUIPMENT</u>		
Vaulting table	Covering surface, torn or polished: loose bolts: height adjusters damaged: damage to foot pads.	
Vaulting box	Covering surface, torn or polished. Wood surface cracked or splintered.	
Vaulting boards	Covering surface torn, or polished or rucked. Nuts or bolts loose, damaged wooden leaves.	
Vault run-up	Wooden surfaces – no splinters. Carpeted surfaces – no tears, gaps or rucking.	
5. <u>ASYMMETRIC BARS</u>		
Bar rails	Splintering or separation of laminations on wooden bars. Wear of outer surface of fibreglass bars.	
Bar frames	Wear in bar to frame attachments. Adjusters secure and free, but not worn. All pins, bolts secure and not worn.	
Cables and tensioning devices	Cables not frayed or twisted or coiled. Threads on tensioners not worn or seized. Karabiner or clips secure and not bent.	

EQUIPMENT	CHECK	COMMENT
<p>6. <u>BEAMS</u></p> <p>Beam covering</p> <p>Handles</p> <p>Foot pads</p> <p>7. <u>DANCE AREA</u></p> <p>Floor Area</p> <p>Ballet Barre</p> <p>Mirrors</p>	<p>Not polished, torn or rucked. Base for legs secured to horse. Height adjusters free but not damaged.</p> <p>Not splintered or damaged, securing mechanism effective.</p> <p>Rubber base pads not damaged.</p> <p>No splinters, check joints and surrounding framework for movement, free of dust, smooth and clean.</p> <p>Not splintered, damaged or slippery. Secured safely to the wall.</p> <p>Not cracked, splintered or shattered.</p>	
<p>8. <u>TRAMPOLINES</u></p> <p>Beds</p> <p>Springs</p> <p>Leg Braces</p> <p>Frame Pads</p> <p>Roller Stands</p> <p>Throw in mats</p> <p>Joints</p> <p>Chains</p> <p>Anchor Bars</p>	<p>Loose stitching or breaks in the webbing, tears and areas of solid beds that are worn, uneven tension shown by the lines on the bed not being straight.</p> <p>Springs/cables are all in place with hooks pointing down.</p> <p>Leg braces are fully inserted plus allen screws tight, rivets secure, hinge pins in place.</p> <p>Tears, loose or missing clips/fasteners or soft areas at the joints.</p> <p>Freely running and swivelling castors, wheels and hooks.</p> <p>Tears and other damage.</p> <p>Wear at the joints and that the frame is level all around.</p> <p>Chains for security and even adjustment.</p> <p>Excessive wear due to movement</p>	
<p>9. <u>THE OVERHEAD RIG</u></p> <p>Trampoline Position</p> <p>Security of Ropes and Attachments</p> <p>Swivels and Pulleys</p> <p>The Belt</p>	<p>Position of the trampoline under the centre of the rig.</p> <p>Security of the ropes and attachments and the condition of the elastics and attachments on bungee rings.</p> <p>Unhindered operation.</p> <p>Security of the belt.</p>	

Signed Date