

COMBAT SPORTS GYM CHECKLIST

When joining a gym - ASK, SCAN, CHAT & CHECK

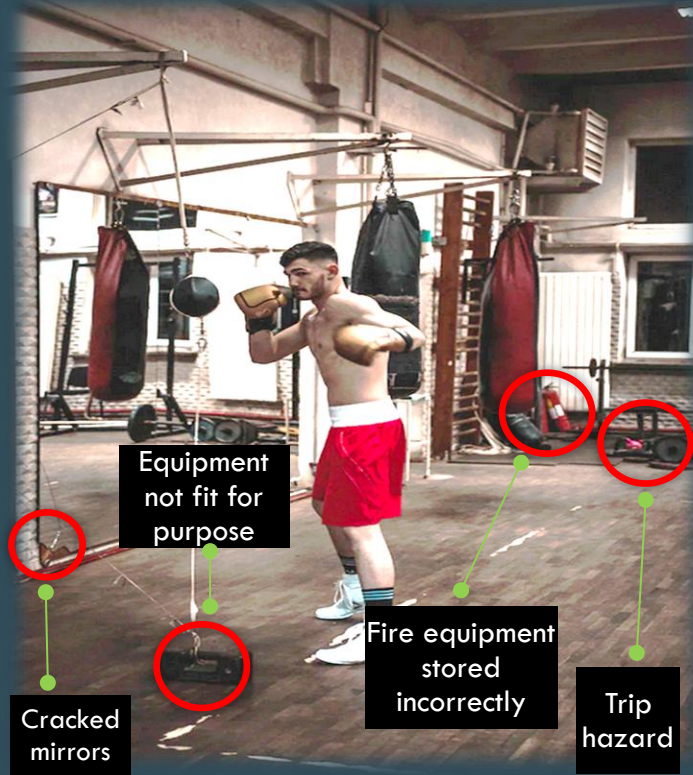
ASK 3X QUESTIONS

- 1. Does the gym adopt best practices ?
For your own protection ensure the gym is a legally registered business & fully insured. Good gyms adopt best business practices: professionalism, risk management & a customer care focus. First aid kits, fire safety equipment & emergency plans should all be readily available.
- 2. Are services provided with due care & skill?
Adequate supervision & provision of quality training, information & services is what you are paying for. Trainers & staff should be qualified, experienced & in the event of an emergency fully trained to respond. You should be adequately inducted into all aspects of using the gym & only given evidence-based advice.
- 3. Is the training facility fit for purpose?
At a minimum you deserve a safe clean, tidy & well organised training environment. Equipment should be the correct type for your combat sport, regularly serviced, well maintained & stored correctly. Good ventilation, non-slip floor surfaces, unobstructed floor space & good lighting are essential for all combat sport gyms.

CHAT WITH THE TRAINER

- WHAT'S YOUR COMBAT SPORT EXPERIENCE ?
- HOW LONG HAVE YOU BEEN A TRAINER ?
- WHAT QUALIFICATIONS DO YOU HAVE ?
- ARE YOU FIRST AID & CPR CERTIFIED ?
- WHATS INCLUDED IN YOUR PROGRAM ?
- DO YOU HAVE A NUTRITION BACKGROUND ?
- WORKING WITH CHILDREN CARD? (if under 18)

DO A HEALTH & SAFETY SCAN



CHECK THE GYM


- | | |
|------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Fit for purpose equipment | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Good ventilation & lighting | <input type="checkbox"/> Fire safety equipment |
| <input type="checkbox"/> Clean, neat & tidy | <input type="checkbox"/> Emergency plan |
| <input type="checkbox"/> Good layout | <input type="checkbox"/> Safe access |

CHECK THE VIBE

EXPERIENCED STAFF
GOOD CULTURE
FRIENDLY
WELL SUPERVISED

 www.cits.wa.gov.au/csc

 combatsport@cits.wa.gov.au

 08 6552 1604



Government of **Western Australia**
Combat Sports Commission



PREPARE WELL
PERFORM BETTER