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# **COMPLIANCE WITH COSHH REGULATIONS POLICY**

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Version 1.0



## Version History

Version	Summary of amendments/changes	Published Date
Version 1.0	Document Created	October 2024

## Contact Information

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## Introduction

The Control of Substances Hazardous to Health (COSHH) Regulations 2002 are critical in ensuring a safe environment in workplaces, including gymnastics clubs. This document serves to educate clubs affiliated with the Independent Gymnastics Association (IGA) on their responsibilities regarding COSHH and to provide guidelines for compliance with relevant legislation and safety practices.

## Overview of COSHH Regulations

COSHH mandates that employers (in this case, gymnastics clubs) take the necessary steps to protect staff, athletes, and visitors from health risks associated with hazardous substances. These substances can include cleaning chemicals, maintenance materials, and even substances related to equipment use.

## Key Aspects of COSHH:

- **Risk Assessment:** Clubs must assess all hazardous substances used within their facility. This includes identifying chemicals, evaluating their potential health risks, and determining exposure levels
- **Control Measures:** Once risks are assessed, clubs should implement control measures such as:
  - Substituting hazardous substances with less harmful options.
  - Ensuring proper ventilation when using chemicals.
  - Utilising personal protective equipment (PPE) where necessary
- **Information and Training:** Staff should be adequately informed and trained regarding the hazards present and the procedures in place to mitigate them
- **Monitoring and Health Surveillance:** Regular monitoring and health surveillance are essential to ensure the effectiveness of control measures and to detect any potential health issues early



## Specific Responsibilities for Gymnastics Clubs

- Identification of Hazardous Substances:
  - Maintain an inventory of all chemicals and substances used in the club.
  - Include Safety Data Sheets (SDS) for each substance to provide comprehensive hazard information
- Conducting Risk Assessments:
  - Regularly evaluate the risk of exposure to hazardous substances during club activities.
  - Document findings and review them periodically to account for any changes in procedures or materials used
- Implementation of Control Measures:
  - Use safer alternatives whenever possible.
  - Implement engineering controls, such as proper storage and ventilation systems.
  - Provide appropriate PPE, including gloves, masks, and goggles, as needed
- Training and Communication:
  - Develop training programs that educate staff about hazardous substances, safe handling procedures, and emergency protocols
  - Conduct regular refresher training sessions to keep staff informed about updates in legislation or club policies
- Health Monitoring:
  - Establish a system for monitoring the health of employees who may be exposed to hazardous substances.
  - Provide access to medical advice or health assessments related to chemical exposure

## Conclusion

Adhering to COSHH regulations is not only a legal requirement but also an ethical responsibility for gymnastics clubs. By implementing the guidelines outlined in this document, clubs can foster a safer environment for their members, staff, and visitors. This proactive approach to health and safety will ultimately enhance the quality of the gymnastics experience.



### **Additional Resources**

- For more detailed information on COSHH, visit the [Health and Safety Executive](#)
- Access comprehensive guidance on risk assessments and control measures on the HSE's COSHH Essentials page

By following these recommendations, gymnastics clubs can ensure compliance with legislation and prioritise the health and safety of everyone involved in their activities.