

# CHLOE CHUN ACROBATICS

## Health & Safety Policy



Effective date: 25 August 2026

Document owner: Chloe Chun, Owner & Head Coach

Review date: 25 August 2027, or sooner where legislation, guidance, services or business arrangements change.

### 1. POLICY STATEMENT

Chloe Chun Acrobatics is committed to providing a safe, suitable and well-managed environment for children and young people participating in acrobatics, cheerleading, tumbling, private coaching and competitive choreography. Safety will be prioritised alongside effective coaching and appropriate athletic progression.

### 2. SCOPE

This policy applies to all coaching delivered by Chloe Chun Acrobatics, including group classes, private lessons, small-group sessions, competitive choreography and online coaching where applicable.

### 3. RESPONSIBILITIES

- Chloe Chun, as Owner & Head Coach, is responsible for taking reasonable steps to manage health and safety within sessions and to respond appropriately to hazards, injuries and emergencies.
- Participants must follow reasonable coaching and safety instructions and behave in a way that does not place themselves or others at unnecessary risk.
- Parents/carers must provide accurate medical, allergy, emergency-contact and other information relevant to safe participation and must inform the business of material changes.
- Where a venue has its own health and safety procedures, those procedures must also be followed.

### 4. VENUE SAFETY

- The coach will take reasonable steps to identify obvious hazards and ensure that the training area is suitable for the planned activities.
- Equipment and floor space will be used only where appropriate for the activity and available space.
- Walkways, exits and emergency access routes should be kept clear.
- Sessions may be adapted, paused, relocated or cancelled where the environment is considered unsuitable or unsafe.

### 5. EQUIPMENT AND MATS

- Mats and other equipment will be used for their intended purpose.
- Equipment will be checked for obvious damage or defects before use where reasonably practicable.
- Damaged or unsuitable equipment should not be used.
- Participants must use equipment only as instructed by the coach.

## 6. WARM-UP, CONDITIONING AND PROGRESSION

- Sessions will include appropriate preparation and warm-up activities relevant to the planned skills.
- Skills will be introduced and progressed according to the participant's ability, experience, physical readiness and the conditions available.
- Participants will not be pressured to perform a skill beyond a level the coach considers reasonably safe.
- Appropriate conditioning, strength, flexibility, mobility and technique may be incorporated to support safe progression.

## 7. SPOTTING AND PHYSICAL ASSISTANCE

Acrobatics and cheerleading may require physical contact, spotting, supporting or lifting. Physical assistance will be used where reasonably necessary for safety, learning or technique. The coach will use appropriate coaching methods, respect reasonable personal boundaries and avoid unnecessary physical contact.

## 8. PARTICIPANT HEALTH AND MEDICAL INFORMATION

- Parents/carers must disclose relevant medical conditions, allergies, injuries, medication requirements and additional needs that may affect safe participation.
- Participants should not attend if they are unwell or injured to a degree that makes participation inappropriate.
- The coach may modify, pause or stop an activity where a participant's health or safety is a concern.
- Emergency contact information must be kept accurate and up to date.

## 9. ACCIDENTS, INJURIES AND EMERGENCIES

- If an injury or incident occurs, the coach will take reasonable steps to stop the relevant activity and provide appropriate first-aid assistance within their competence.
- Where appropriate, the parent/carer will be informed as soon as reasonably practicable.
- If urgent medical assistance is required, emergency services will be contacted and the emergency contact informed as soon as practicable.
- Significant accidents or incidents will be recorded and reviewed where appropriate.

## 10. PARTICIPANT BEHAVIOUR

- Participants must follow safety instructions and behave respectfully towards the coach and other participants.
- Deliberate misuse of equipment, bullying, unsafe physical behaviour or repeated refusal to follow safety instructions may result in participation being paused or ended.
- Parents/carers may be contacted where behaviour creates a significant or repeated safety concern.

## 11. CLOTHING AND PERSONAL ITEMS

- Participants should wear suitable clothing that allows safe movement.
- Jewellery, loose items or accessories that could create a safety risk should be removed or secured.
- Long hair should be tied back where appropriate.
- Personal belongings should not obstruct training areas.

## 12. ONLINE COACHING

- Online coaching must take place in a clear, suitable and hazard-free area with sufficient space for the planned activity.
- Participants must follow instructions about positioning and camera placement where required for safe coaching.
- The coach may stop or modify an online session if the environment is unsuitable.
- Parents/carers are encouraged to remain nearby during online coaching with children.

## 13. SAFEGUARDING

Health and safety arrangements operate alongside the Chloe Chun Acrobatics Safeguarding & Child Protection Policy. Any concern relating to the welfare or protection of a child will be handled in accordance with that policy.

## 14. RISK MANAGEMENT

Reasonable risks associated with acrobatics, cheerleading and tumbling will be considered when planning sessions. Activities, equipment, space, participant ability and environmental conditions will be taken into account when deciding how a session should be delivered.

## 15. INSURANCE

Chloe Chun Acrobatics maintains appropriate business insurance for its coaching activities, subject to the terms, conditions and exclusions of the relevant insurance policy. Insurance does not replace the need for safe coaching practices or compliance with this policy.

## 16. REVIEW AND UPDATES

This policy will be reviewed at least annually and sooner where there is a significant change to services, venues, equipment, coaching arrangements, relevant legislation or guidance, or following a significant accident or incident.

## 17. CONTACT

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