

Gymnastics Large

Apparatus Session

**Use this simple check list to ensure that you feel we have covered all the following important points.**

* Emergency Safety Signal
* No mats under wall-bars / apparatus (explain exceptions)
* Mats are for controlled landings – they are apparatus in their own right
* No jumping unless both feet are flat
* Large Apparatus **OUT** first – Small Apparatus **AWAY** first
* Height on wall-bars
* Climbing 3 Points of Contact
* Footwear
* Clothing – joggers, leggings
* Apparatus Loading
* If a bench is on an incline

– how many people on it?

* Never climb over top of frames
* Lift on the ‘Long Sides’
* Never walk backward carrying apparatus
	+ No one on the ends of benches / trestles

**STRESS QUALITY OF WORK**

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