

# 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.

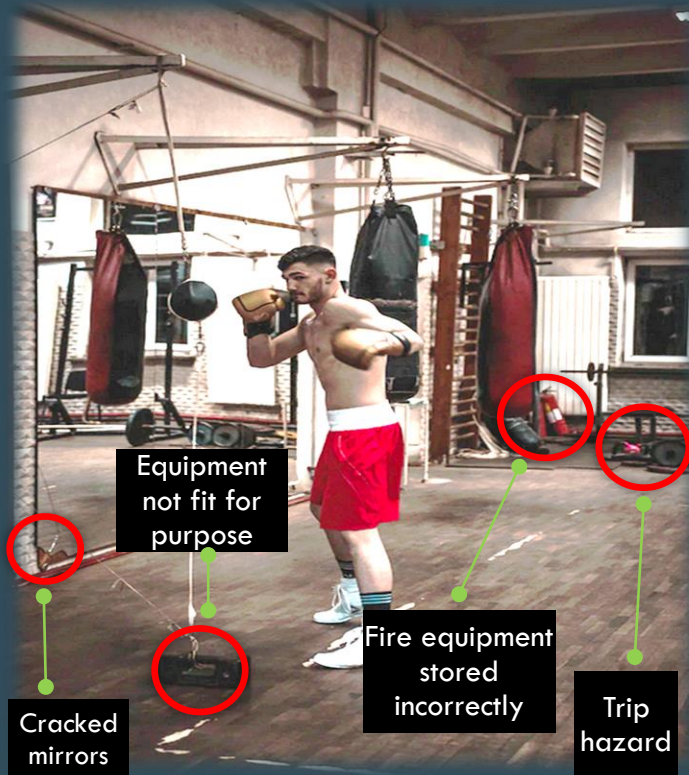
### 3. Is the training facility fit for purpose?

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

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Government of **Western Australia**  
Combat Sports Commission



PREPARE WELL  
PERFORM BETTER