

DAILY SAFETY CHECKLIST

GYMNASTICS EQUIPMENT

These are simple everyday tips to help provide safety for your athletes and to ensure your equipment provides longevity to your program.

DATE: _____

NAME: _____

VAULT

VAULT TABLE

- Check adjustment mechanisms
- Vault cover is free from cuts/holes
- Base padding is secured properly

SPRINGBOARD

- Material is properly secured
- Springs show no wear through board
- Rivets are securing board

RUNWAY

- Runway is secured down
- No sharp objects along path
- Runway tape measure is adhered

UNEVEN BARS

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- Spin & Snap locks function properly
- Cables are not frayed
- Tighteners function properly
- Anchor points are secure

SINGLE RAILS

- Spin & Snap locks function properly
- Anchor points are secure
- If interchangeable - pins are fully-seated
- If adjustable - secure with safety collars

BALANCE BEAMS

HIGH BEAMS

- Check adjustment knobs
- Cover is free of wear and tear
- Beam leg padding is secured
- End caps are seated correctly

LOW BEAMS

- Cover is free of wear and tear
- Beam leg padding is secured
- End caps are seated correctly

FLOOR

- Carpet or Carpet-bonded foam are secured together
- Check for uneven surfaces
- Walk through and check for "dead spots"

NOTES
