



# Gym information, training and competing

## Policy

### Policy statement

NZMF recognises the responsibility of the Federation to promote a safe and healthy workplace. Athletes and Gym Owners and Officials need to actively participate in workplace health and safety and require information, training and supervision to support safe training and competition practices.

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### Purpose

To ensure that NZMF members are provided with adequate information, training and supervision on health and safety matters.

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### Scope

This policy applies to all NZMF members.

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### Responsibilities

#### **The Board is responsible for ensuring that all newly appointed Gyms receive:**

- an induction to health and safety in the workplace
- a copy of the NZMF Health and Safety Policies and Procedures
- an opportunity to complete the new Member requirements process and gain familiarity with NZMF policies and procedures
- any additional training that is required as a result of specific responsibilities or requirements
- access to qualified trainers, referees, judges and registered Promoters and the Board to ensure a safe gym including health and safety checklists for their gym to ensure understanding of Health and Safety compliance

#### **The Gym Members are responsible for ensuring that Athletes and participants receive:**

- opportunities to contribute to health and safety discussions
- notification of all health and safety meetings
- an opportunity to attend ongoing training in relation to health and safety relevant to the sport and gym and athlete responsibilities (for example, concussion education training, weight management education training first aid training, NZ Drug free training and health and safety representative training).

#### **All Athlete Members are responsible for:**

- following instructions of the gym owners and trainers and other officials within the sport
- completing the Athlete Member registration process including reading the health and safety policies and procedures and undertaking any training as directed
- reporting hazards
- using and caring for protective equipment required for any contact training and competition
- cooperating with the monitoring of workplace hazards and employees' health (with permission)
- reporting any injuries or ill health that may impact on the athletes ability to train or defend themselves while training and competing
- not undertaking training or training methods that are unsafe including unhealthy weight management or any doping practices
- not interfering with an accident scene.