



CHEERSPORT

I R E L A N D

HEALTH & SAFETY POLICY

1. Introduction

Cheer Sport Ireland (CSI) is committed to ensuring the highest standards of health and safety across all its activities. This policy outlines the structures and practices required to protect athletes, coaches, volunteers, staff, spectators, and visitors at all CSI-affiliated clubs and events.

2. Purpose

This policy ensures a coordinated and proactive approach to health and safety to prevent injuries, accidents, and hazards.

3. Scope

This policy applies to all CSI clubs, coaches, volunteers, athletes, staff, contractors, visitors, and event personnel.

4. Legal & Regulatory Compliance

- CSI and its clubs must comply with Irish health and safety legislation.
- This includes the Safety, Health and Welfare at Work Act 2005.
- Clubs must ensure facilities and equipment meet required safety standards.
- All personnel must follow safety procedures at all times.

5. Responsibilities

- CSI Management: Develop and oversee national safety standards.
- Club Committees: Implement safety measures at club level.
- Coaches: Ensure safe training practices and supervision.
- Volunteers: Support safety procedures and hazard reporting.
- Athletes: Follow instructions and report unsafe conditions.
- Parents: Support safe practices and ensure children follow guidelines.

6. Risk Assessment

- All training venues must undergo regular safety risk assessments.
- Event venues must be risk assessed before use.
- Risk assessments must be documented and reviewed annually.
- High-risk activities (stunts, pyramids, tumbling) require specific controls.

7. Facility Safety

- Training areas must be clean, dry, and free of debris.
- Flooring must be appropriate for cheerleading activities.
- Emergency exits must be accessible and clearly marked.
- Lighting, heating, and ventilation must be adequate.
- Equipment must be inspected regularly and replaced when necessary.

8. Equipment Safety

- Crash mats, spotting blocks, and other equipment must be fit for purpose.
- Damaged or unsafe equipment must be removed immediately.
- Coaches must ensure equipment is set up correctly before use.
- Only trained individuals may move or set up large equipment.

9. Emergency Preparedness

- All clubs must have an emergency action plan (EAP).
- EAPs must include evacuation procedures, contact numbers, and first aid arrangements.
- Emergency exits must be known to all staff and volunteers.
- Regular emergency drills are recommended.

10. First Aid Provision

- At least one certified first aider must be present during all sessions.
- Fully stocked first aid kits must be available at all venues.
- First aid kits must be checked monthly.
- All injuries requiring first aid must be documented on incident forms.

11. Fire Safety

- Fire extinguishers must be accessible and inspected regularly.
- Clubs must ensure fire exits are unobstructed.
- Fire evacuation procedures must be communicated to all members.
- Fire alarms must be tested regularly by venue management.

12. Child Safety & Supervision

- Supervision ratios must comply with CSI's Supervision Policy.
- Children must never be left unattended.
- Training sessions must follow CSI Child Safeguarding standards.

13. Warm-Up, Training & Skill Progression Safety

- Coaches must ensure progressive skill development.
- Spotting must be used for high-risk stunts.
- Athletes must only perform skills they are trained for.
- Training loads must be age-appropriate.

14. Hygiene & Infection Control

- Hand hygiene must be encouraged.
- Shared equipment must be cleaned regularly.
- Athletes showing symptoms of illness should not attend training.
- Clubs must follow public health guidance where relevant.

15. Environmental Safety

- Weather risks must be assessed for outdoor activity.
- Transport arrangements must prioritise safety.
- Clubs must consider noise levels, temperature, and crowding risks during events.

16. Reporting Hazards

- All hazards must be reported to club management immediately.
- Hazards must be documented and addressed promptly.
- Recurring hazards must be escalated to CSI.

17. Accident & Incident Procedures

- All incidents must follow CSI's Incident & Accident Reporting Policy.
- Clubs must investigate incidents to prevent future harm.
- Corrective actions must be implemented promptly.

18. Non-Compliance

- Failure to follow safety procedures may result in disciplinary action.
- Clubs failing to meet required standards may face sanctions.
- Serious or repeated breaches may affect club affiliation.

19. Review

This policy will be reviewed every two years or sooner if legislation or organisational needs change.

20. Approval

This Health & Safety Policy was approved by the Board of Cheer Sport Ireland on: 11/07/2026

Signed:

FIONA COLLUMB, President/Chairperson

JOAN HEAPES, National Children's Officer