

USA GYMNASTICS WEBINAR

SAFETY IN THE GYM

With Guest Speaker

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Sales Director, AAI



USA GYMNASTICS®

WEBINARS



LET'S DEFINE SAFETY

- ▶ What are our standard's and who sets them
- ▶ It's not your grandmother's gym any longer
- ▶ As the sport changes the safety standards change –
Are you keeping up?
- ▶ Goal: Prevent all accidents
- ▶ Reality: Minimize the chance for accidents
- ▶ Safety includes everything that happens in, around, or
in connection with your business
- ▶ Safe Equipment Safe Setting Safe Activities

5 Key Influencers

1. **Building & Landlord – Protect their investment**
2. **Insurance Company – Help them to help you**
3. **Rules and Regulations**
 1. **Local – Occupancy, Health, Fire**
 2. **Industry & Governing bodies - USAGym recommendations,**
4. **Manufacturers Specifications and instructions**
5. **Human dynamics - Customers and Staff – Keeping your gym clean and safe will grow your business and keep the customers coming back.**
6. **Planning & follow through**

THE KEY INFLUENCERS

7 HABITS OF HIGHLY EFFECTIVE SAFE EQUIPMENT MANAGERS

1. **Selection**
2. **Purpose**
3. **Placement**
4. **Installation**
5. **Inspection**
6. **Maintenance**
7. **Retirement**

- ▶ **Get everyone's opinion before purchasing**
- ▶ **Prioritize the opinions**
- ▶ **Review options**
- ▶ **Know all the differences**
- ▶ **Is it part of a bigger plan?**
- ▶ **Know where it will fit in the gym**
- ▶ **Who will use it... who shouldn't use it?**
- ▶ **What will be your return on investment?**
- ▶ **No shortcuts – anticipate the negative.**

SELECTION – CHOOSE CAREFULLY



SELECTION



SELECTION – UNDERSTAND THE
ENGINEERING

- ▶ AAI recommends anchor updates as the new style adds strength and reduces the number of stress points that weaken over time. The assembly incorporates bushings, which allow the tie-down handle and plate to move independently. This improves the response of the entire unit and reduces equipment wear and tear.
- ▶ In the lifecycle of every product there comes a time when replacement is necessary. Any new installation of AAI floor anchors will include the new design.
- ▶ The type of mat selected must be appropriate to the activity, sufficient in amount and properly set-up. If in doubt, refer to FIG and USA Gymnastics guidelines.
- ▶ See more at: <http://www.spiethamerica.com/safety-performance/your-safety/#sthash.VyPtnQpG.dpuf>

SELECTION: UNDERSTAND THE STANDARDS,
AND FOLLOW MANUFACTURERS
RECOMMENDATIONS

- ▶ **Protect your investment**
- ▶ **Protect your warranty**
- ▶ **Protect your Coaches and Kids**

**SELECTION: DON'T CROSS ASSEMBLE
DIFFERENT MANUFACTURERS.**



SELECTING THE PROPER SPOTTING PLATFORM



LOOKS GOOD, BUT DOESN'T WORK



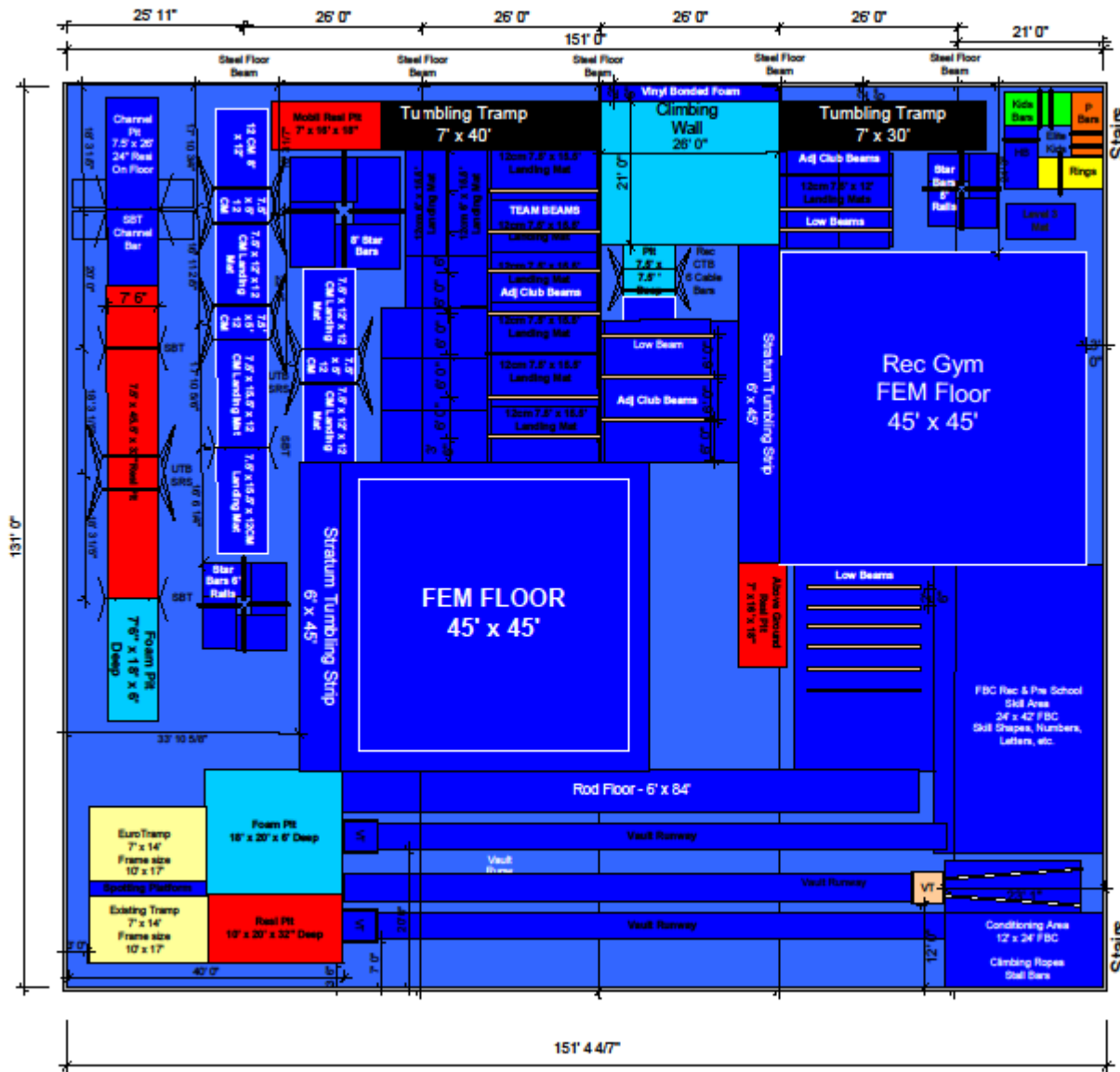
**Don't
Stand
Here**

**PURPOSE – JUST BECAUSE ITS IN THE GYM
DOESN'T MEAN YOU SHOULD USE IT
FOR THAT!**

1. My purpose vs its purpose – Make team decision
2. Expected need vs expected life span
3. Where is it going safely
4. Discuss ideas for use with entire staff
 1. Know your dos and don'ts
5. Stick to the plan
6. ROI – what is the return on investment
 - ▶ Real cost vs real value
 - ▶ Complete cost vs purchase price
7. Anticipate the negative



PURPOSE: THE SHINY RED CONVERTIBLE IS NOT ALWAYS THE BEST DECISION



Gymnastics Training Center

Proposed Gym Plan "G"

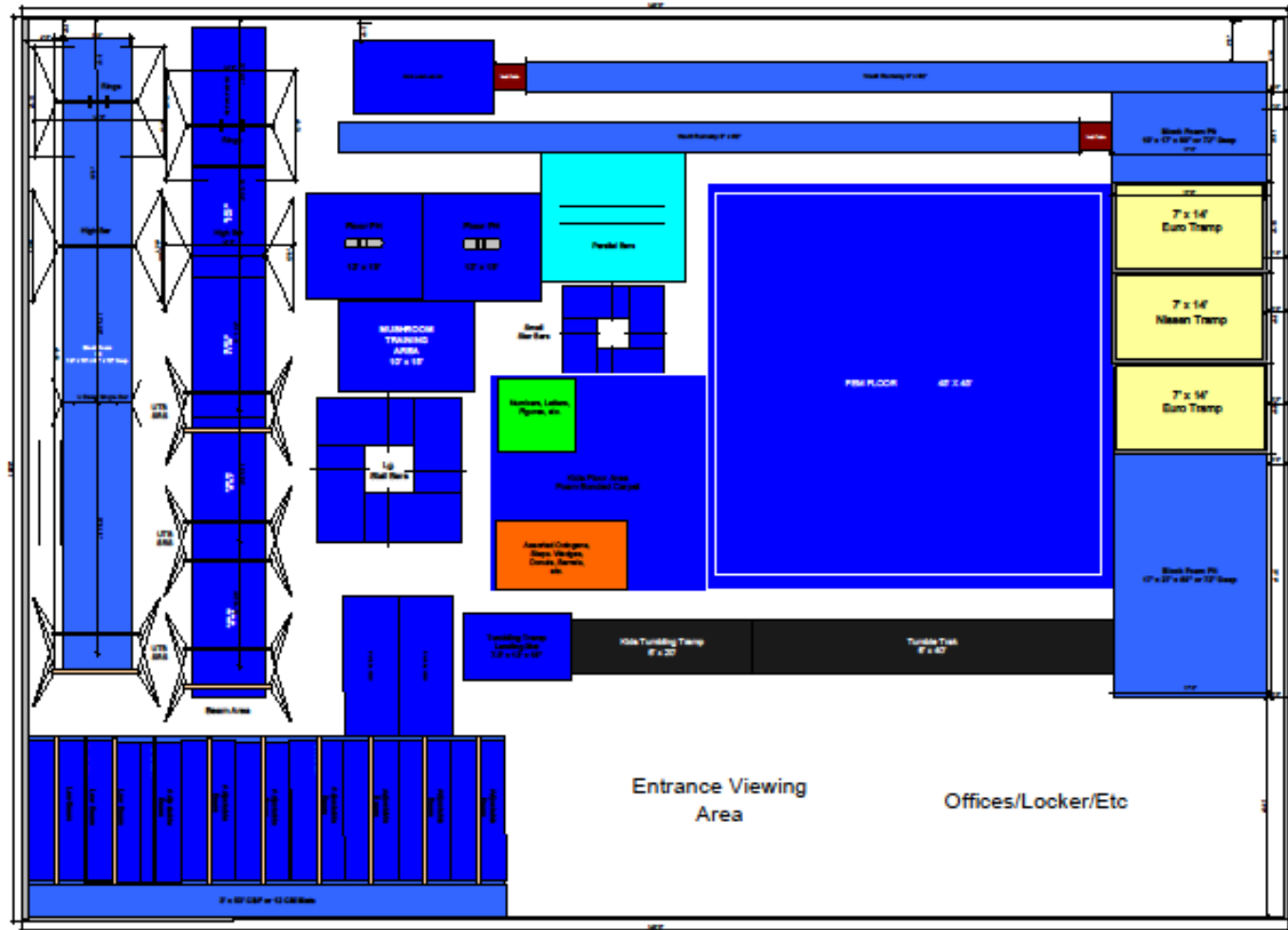
By

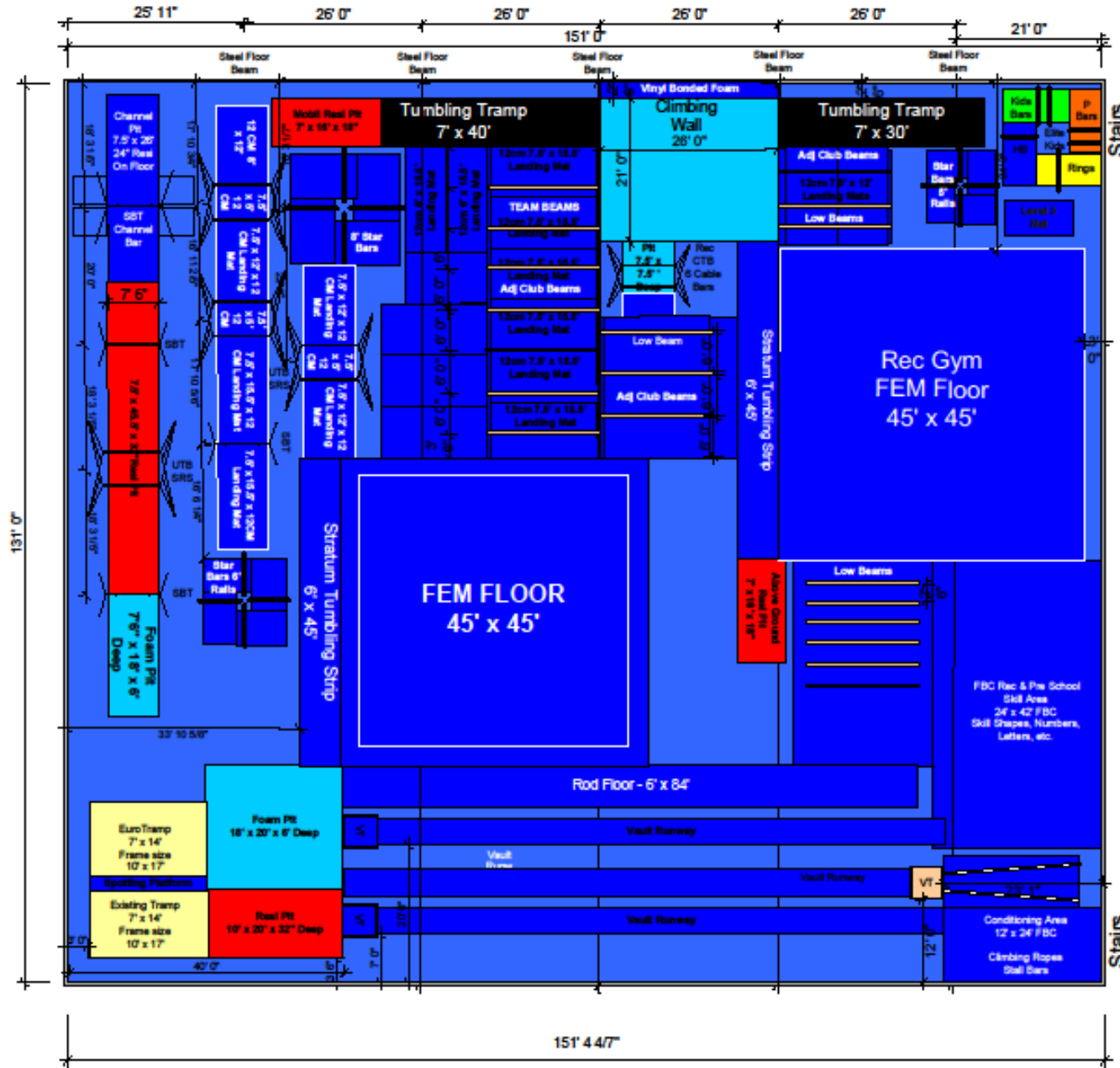
Whitey Anson
April 28, 2014

Scale: .06 in. = 1ft 1.20 in.

Entrance & Offices

Prepared for
Davis Diamonds
Davis, CA
By
Whitely Anson
AAI/American
Revised November 26, 2013





Gymnastics Training Center

Proposed Gym Plan "G"

By

Whitey Anson
April 28, 2014

Scale: .06 in. = 1ft 1.20 in.

Entrance & Offices



- ▶ It should be part of the overall plan
- ▶ Permanent or portable
- ▶ Adjustable
 - ▶ Based on age, size, skill level
- ▶ Enter & exit station
- ▶ Plan space for the coach and the queue line
- ▶ Plan for viewing if necessary

PLACEMENT

Remember your influencers

5 Key Influencers

1. **Building & Landlord – Protect their investment**
2. **Insurance Company – Help them to help you**
3. **Rules and Regulations**
 1. **Local – Occupancy, Health, Fire**
 2. **Industry & Governing bodies - USAGym Industry Suppliers Listing,**
4. **Manufacturers Specifications and instructions**
5. **Human dynamics - Customers and Staff – Keeping your gym clean and safe will grow your business and keep the customers coming back.**
6. **Planning & follow through**

INSTALLATION

- ▶ **Keep up to date**
- ▶ **Assembly and anchoring**
 - ▶ **Manufacturers instructions**
 - ▶ **Cost or investment**
- ▶ **Floor placement – mark settings**
- ▶ **Wall connections – load bearing?**
- ▶ **Ceiling suspended**
 - ▶ **Beam clamps vs bolt through**
 - ▶ **Split beams**
- ▶ **When to use a professional installer**

INSTALLATION



INSTALLATION: KEEP UP TO DATE

FLOOR ANCHORS

800.247.3978



AAI® ANCHORS

The AAI® Floor anchor has many different styles (B, BX, C and E – see below). It is our recommendation and intent that all existing floor anchors be inspected on a daily basis to ensure proper wear and use. If you have an older system we suggest updating to the new design, which is utilized in all new installs. For those that are unable to accommodate our recommendation, a retro-fit option is also available using the new design components.

- 49003 Standard Swivel Anchor - Each
- 407-135 Standard Swivel Anchor - Set of Four
- 49004 Retro Fit Floor Anchor - Each
- 407-140 Retro Fit Floor Anchor - Set of Four



STYLE B FLOOR ANCHOR

- Installed in securely anchored wood floors
- Replaceable spring-loaded pop-up cap
- Includes anchoring cement

422-121 Style B Floor Anchor



STYLE BX FLOOR ANCHOR

- Same features as model 422-121 with longer knurled anchor - 3 1/4" (81mm)
- Includes anchoring cement

422-122 Style BX Floor Anchor



STYLE C FLOOR ANCHOR

- Installed in concrete and vinyl covered concrete floors
- Replaceable spring-loaded pop-up cap
- Includes anchoring cement

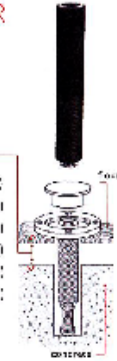
422-120 Style C Floor Anchor



STYLE E FLOOR ANCHOR

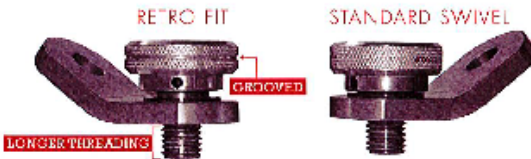
- Installed in floating wood floors resting on sleepers or metal clip fasteners
- Features removable cap
- Includes anchoring cement
- Measure distance from top of floor to concrete to determine model

- 422-123 Style E Floor Anchor — less than 2 7/8" (7cm)
- 422-124 Style E Floor Anchor — 2 7/8" to 4" (7 x 10cm)
- 422-125 Style E Floor Anchor — 2 7/8" to 5" (7 x 13cm)
- 422-126 Style E Floor Anchor — 2 7/8" to 6" (7 x 15cm)
- 422-127 Style E Floor Anchor — 2 7/8" to 7" (7 x 18cm)
- 422-128 Style E Floor Anchor — 2 7/8" to 9" (7 x 23cm)



AAI RECOMMENDS ANCHOR UPDATES

The new style swivel anchor adds strength and reduces the number of stress points that weaken over time. The assembly incorporates bushings which allow the tie-down handle and plate to move independently. This improves the response of the entire unit and increases the product lifecycle due to a reduction in wear. Also changing the thread from 1/2" to 5/8" allows the tie-down to complete a more stable connection to the anchor which enhances the overall strength of the unit.



American Athletic, Inc. recommends use of standard AAI® floor plates. Use of substitute floor plates can create an unsafe environment and WILL NEGATE YOUR WARRANTY.

ANCHORS

- Keep up to date
- Only use manufacturers anchors
- Follow instructions
- Document

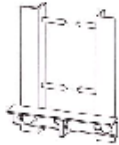


I-BEAM CLAMP

- 421-053 Fits beams 5" to 9" (12.7 to 22.8cm) with flange up to 3/4" (1.9cm) thick — wt. 13 lbs. (5kg)
- 421-054 Fits beams 9" to 14" (23 to 35cm) with flange up to 3/4" (1.9cm) thick — wt. 13 lbs. (5kg)

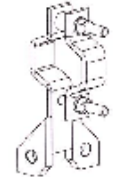
WOOD CLAMP

- Fits square and tapered beams between 5" to 7" (13 to 18cm) in width
- Includes four leg screws
- 422-061 Wood Clamp — wt. 12 lbs. (5kg)



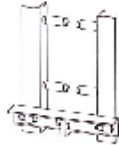
PIPE CLAMPS

- Fits 3" (7.6cm) ID pipe (Specify inside diameter or circumference of pipe when ordering.)
- 422-023 Pipe Clamp — wt. 5 lbs. (2kg)



CONCRETE CLAMP

- Fits square and tapered beams between 5" and 7" (13 to 18cm) in width
- Includes four expansion bolts
- 422-069 Concrete Clamp — wt. 12 lbs. (5kg)



* Contact your local dealer or AAI for special size clamps.

APPARATUS DOLLIES

- Designed for transporting AAI® equipment and mats
- Dollies are triangular in shape with over all dimension 30" x 56" x 4 1/2" (762 x 660 x 114mm)
- Two dollies are included
- 407-049 Apparatus Dollies — wt. 38 lbs. (17kg)



HIGH CHALK HOLDER

- Chalk bowl made of rugged white polyethylene
- Sturdy tripod base
- Stands 42" (105cm) tall
- 407-008 High Chalk Holder — wt. 23 lbs. (10kg)

LOW CHALK HOLDER

- Made of rugged white polyethylene
- 13" (33cm) wide base for stability
- Stands 20" (50cm) tall
- 407-011 Low Chalk Holder — wt. 14 lbs. (6kg)

STEP-IN CHALK HOLDER

- Step-in chalk bowl made of rugged white polyethylene
- Place on floor for easy access
- 24" (61cm) in diameter x 2" (5cm) high
- 407-007 Step In Chalk Holder — wt. 8 lbs. (3kg)

CEILING SUSPENSION

- 90 degree pull
- Double lock system
- Only use manufacturers anchors and Follow instructions
- Inspect
- Document

- ▶ **Make it a habit**
- ▶ **Make it a team effort**
- ▶ **Keep it scheduled**
- ▶ **Create a paper trail**

INSPECTION

INSPECTION

- ▶ **Daily Check up**
 - ▶ Who moved my cheese
 - ▶ What's missing
 - ▶ Check moving parts – adjustments, - visual and hands on
- ▶ **Weekly Pick up**
 - ▶ Walk the floor
 - ▶ Look under mats
 - ▶ Adjust Velcro
 - ▶ Reposition basses
 - ▶ Fill spaces
 - ▶ Keep list of needed parts
- ▶ **Monthly Fix up**
 - ▶ Schedule time for repairing any thing our of order
 - ▶ Take pictures – threads, rails, mat compression
 - ▶ Chart changes
 - ▶ Replace worn parts before failure
- ▶ **Annual.**
 - ▶ Best to have done by an outside professional





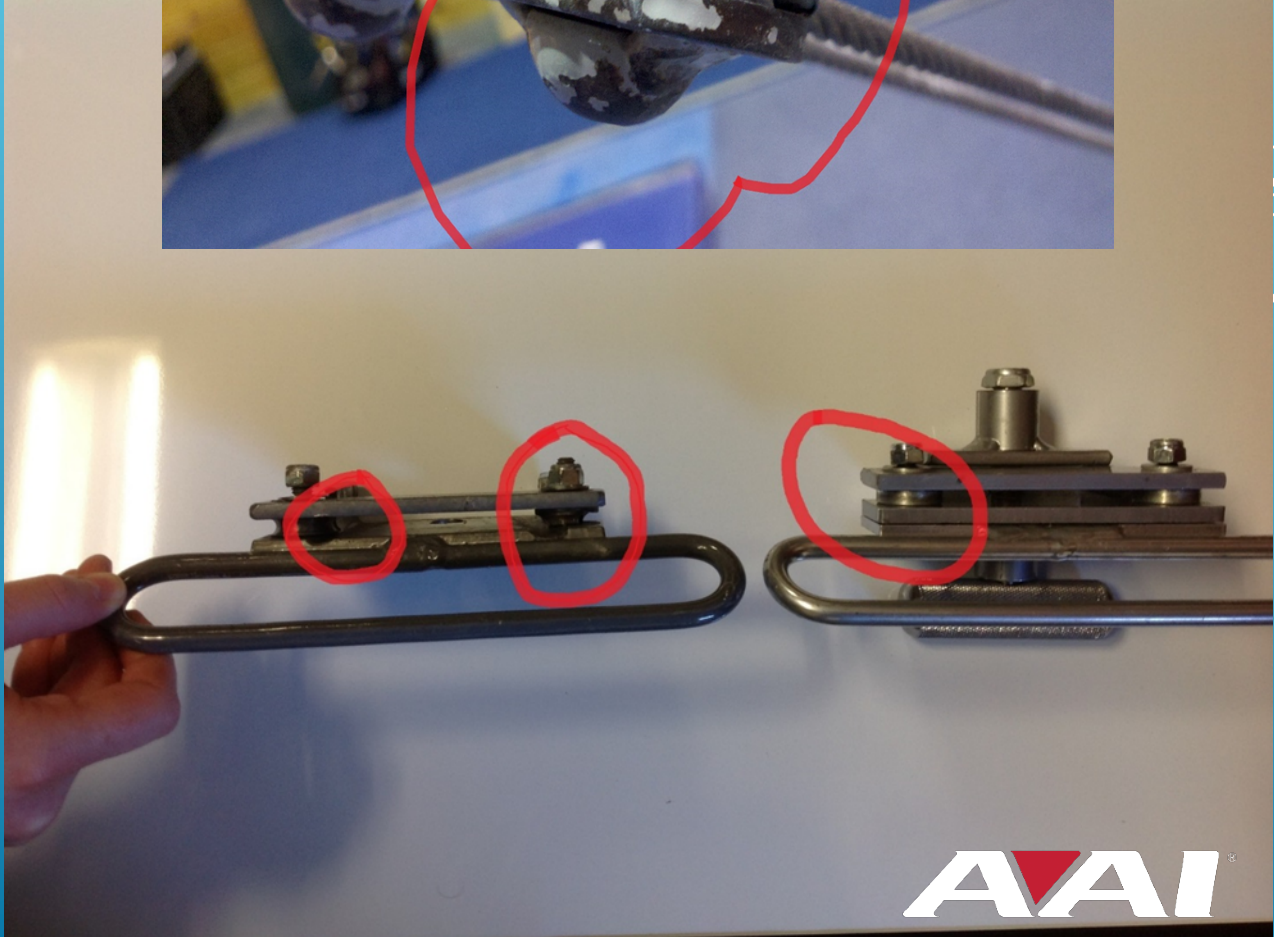














INSPECTION AREA OF CONCERN #3 SAFETY PITS

WHAT CAN POSSIBLY GO WRONG?



- ▶ **Clean – Make it look good**
- ▶ **Preventive – anticipate the wear and avoid expensive problems**
- ▶ **Make it work smoothly – clean, lubricate, room to work**
- ▶ **Rotate to even out usage**
- ▶ **Post signs**
- ▶ **Problem areas, fix or post “Out of Order”**
- ▶ **Keep a “watch list” of wear points – cable tightener, space savers, spreader bars, laminated rails, springs, etc.**

MAINTENANCE

- ▶ **Equipment DOES wear out**
- ▶ **Retire parts before you have to retire the entire piece**
- ▶ **Trying to extend life is not safe**
- ▶ **The more it moves the faster it wears out**
- ▶ **Metal fatigues every time it bends**
- ▶ **Metal on metal is high wear area**
- ▶ **Laminations wear out fast – keep them purposed**
- ▶ **Foam has a memory but like us old folks the memory starts to fail with age**
- ▶ **Failures do not happen suddenly**
- ▶ **Plan your retirement – know what you have to purchase next year.**
- ▶ **Your Paper trail will help plan for retirement**

RETIREMENT

- ▶ **Schedule it and create a trigger**
- ▶ **Assign, delegate, and Inspect what you Expect**
- ▶ **Keep everyone on the same standards**
- ▶ **Create a paper trail even if its digital**
- ▶ **Make the gym look better – it will be safer, more efficient, and more popular**
 - ▶ **A polished apple sells 10 times faster!**



REFINING THE HABIT

- ▶ Take a look at the different articles on gym club preparedness and guidelines from AAI on the USA Gymnastics Website!
- ▶ Club Services Page
- ▶ Resources

ARTICLE RESOURCES



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