



FROM PREVENTION TO PREPAREDNESS

# The Ultimate Gym Safety Checklist

Prepared by [zogics.com](https://zogics.com)





As a gym owner, the well-being and security of your members and staff should be a top priority. Every day, numerous individuals visit fitness centers to achieve their fitness goals, which is why creating a safe and secure environment is of utmost importance.

**To help, we've created a checklist that can serve as the foundation for maintaining a secure and healthy space**, allowing potential hazards to be identified and addressed promptly. Our gym safety checklist covers all aspects of gym safety, from equipment maintenance to emergency procedures, to help you provide the best care for your members.



## OUR CHECKLIST COVERS:

### General Safety Measures

Having a first aid kit, maintaining clean and well-lit facilities, and ensuring equipment is properly maintained are just a few of the steps you can take to ensure member safety. Be sure to also post visible safety guidelines and rules throughout the gym or fitness center.

### Staff Training and Emergency Preparedness

Having your staff properly trained on safety procedures, including basic first aid, and CPR can make sure your gym is ready for anything— and can make the difference should an emergency arise.

### Membership Screening and Waivers

Start off on the right foot with new members by conducting a health screening, and having them complete the appropriate paperwork. The health screening should be shared with their medical practitioner as well. Keep all paperwork neatly organized and updated.

A safe gym environment allows members to focus on their workouts without worrying about potential hazards, plus when members know that you prioritize safety, they feel more comfortable and confident in your facility which builds trust. This trust is crucial for creating long-lasting relationships with members and encouraging them to continue using your gym.



**Be sure to regularly review and update your safety measures to make sure that the continued safety and health of your members is prioritized.**



**By following our recommended steps in this Gym Safety Checklist, gym owners and fitness centers can establish excellent protocols that uphold the safety and well-being of their members and staff.**

## GENERAL SAFETY MEASURES

The general safety steps below should be a **daily part** of your gym operations.

### ► DAILY MAINTENANCE AND CLEANING:

- Keep the gym well-lit and free of clutter.
- Make sure all equipment is properly spaced to prevent injury.
- Maintain proper ventilation to improve air quality.
- Inspect all fitness equipment for wear, damage, loose cords, chains or cables, insecure foot and body straps, attachments, pins, etc.
- Check flooring and door mats for proper placement, damage, and wear.
- Sweep, vacuum or mop and disinfect all flooring.
- Remove all trash and garbage.
- Clean and disinfect surfaces that come in contact with skin.
- Check wipe dispensers to ensure they are functioning properly and are stocked and ready for use.
- Ensure first aid kits are fully stocked and AEDs are charged and ready.
- Check that emergency exits are easily accessible and unobstructed.
- Make sure all equipment is returned and stored properly.
- Clean and lubricate moving parts of equipment.
- Inspect all protective padding for cracks and tears.
- Clean mirrors.
- Clean windows.
- Launder and replenish towels in locker rooms and pool/spa areas if needed.

#### RECOMMENDED ITEMS FOR DAILY MAINTENANCE AND CLEANING:

- Floor cleaners
- Signage
- Indoor air quality systems
- Wipes & dispensers
- Cleaning chemicals
- Microfiber towels
- Vacuum & mop

## STAFF TRAINING & EMERGENCY PREPAREDNESS

- Train staff on CPR and first aid. At least one member per shift should be trained in CPR and how to use an AED.
- With all your AED devices, note the battery expiration dates and keep staff aware.
- Develop and implement emergency procedures for various scenarios such as fire, natural disasters, or medical emergencies.
- Ensure staff is knowledgeable about gym equipment, proper use, and maintenance.
- When new staff is hired, onboarding should include the steps and procedures above.

#### RECOMMENDED ITEMS FOR EMERGENCY PREPAREDNESS:

- First aid kits
- AEDs
- AED accessories, batteries, pads

## MEMBERSHIP SCREENING & WAIVERS

- Screen members for health conditions that may impact their ability to exercise safely. This should be done when members join, and ideally yearly as a follow up.
- Require members to complete and sign liability waivers and provide emergency contact information.

## RECOMMENDED PRODUCT LIST

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