

Keep Your Gym Injury Free

Each year, 86,000 gymnastics-related injuries require medical treatment. Proper supervision of gymnasts' activities, inspecting gymnastics equipment daily for safety, ensuring that mats are properly placed, and fluffing your pit routinely are just a few things you can do to help keep injuries out of your gym.

The American Academy of Orthopaedic Surgeons offers the following tips to prevent gymnastics injuries:

- Warm up and stretch. Cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling, or running or walking in place for 3 to 5 minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.
- Know first aid. Be able to administer first aid for minor injuries, such as facial cuts and bruises or minor tendonitis, strains, or sprains. Have at least two staff members trained in emergency medical services or certified as athletic trainers.
- Be prepared for emergencies. Have a plan to contact medical personnel to treat injuries such as concussions, dislocations, elbow contusions, wrist or finger sprains, fractures, and spinal column or neck injuries.

If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.