



## **Energize Gymnastics – Health Policy (HAF Programme Compliance)**

### **1. Policy Statement**

Energize Gymnastics is committed to promoting and protecting the health, wellbeing, and safety of every child attending our sessions, including those funded through the **Holiday Activities and Food (HAF)** programme.

We provide a safe, inclusive environment where children can participate in physical activity, enjoy nutritious food, and receive appropriate care when unwell or injured.

This policy aligns with:

- HAF Programme Standards
- Public Health England guidance
- Health & Safety at Work Act 1974
- Food Safety and Hygiene Regulations
- Ofsted expectations for childcare-based provision

### **2. Aims**

Our health policy ensures that:

- Children are supported to stay healthy and active
- Staff understand their responsibilities around illness, hygiene, and first aid
- The environment is clean, safe, and well-maintained
- Food provided meets HAF nutritional expectations
- Parents receive clear communication about health-related matters

### **3. Roles & Responsibilities**

#### **Owner & OnSite Lead: Jack Lambourn**

Responsible for:

- Ensuring HAF health requirements are met
- Overseeing hygiene, food safety, and first aid provision
- Maintaining staff training and compliance
- Managing health-related incidents and communication with families

#### **All Staff**

Responsible for:

- Following hygiene and infection-control procedures
- Reporting concerns about a child's health
- Maintaining a clean and safe environment
- Supporting children's wellbeing during activities and mealtimes

#### **4. Promoting Health & Wellbeing**

We promote healthy lifestyles by:

- Providing daily physical activity through structured gymnastics sessions
- Encouraging hydration and regular rest breaks
- Supporting children to understand their bodies and personal limits
- Creating a positive, inclusive environment that supports emotional wellbeing

#### **5. Food, Nutrition & HAF Requirements**

Energize Gymnastics meets HAF nutritional standards by ensuring:

- Meals and snacks are balanced, varied, and nutritious
- Food includes fruit, vegetables, whole-grains, and protein sources
- Sugary drinks and high-fat, high-salt snacks are avoided
- Drinking water is available at all times
- Dietary needs, allergies, and cultural requirements are respected

We maintain:

- A clear allergy register
- Safe food-handling procedures
- Separate preparation and serving areas where required

Parents are informed of menus in advance where possible.

#### **6. Managing Illness**

To protect all children, we follow these principles:

**Children must not attend if they have:**

- A fever
- Vomiting or diarrhoea (48hour rule applies)
- A contagious illness (e.g., chickenpox, impetigo)
- COVID19 symptoms or other respiratory infections that make them unwell

**If a child becomes unwell during a session:**

- They are moved to a quiet, supervised area
- Parents are contacted immediately
- Staff use PPE if required (e.g., bodily fluids)
- The child is monitored until collected

We record all illness incidents and actions taken.

#### **7. First Aid**

- At least one **paediatric first-aid trained** member of staff is present at all times
- First-aid kits are fully stocked and checked regularly
- All accidents are recorded in the accident log
- Parents are informed of any injury, however minor
- Serious injuries are reported to RIDDOR where required

## **8. Medication**

We only administer medication that is:

- Prescribed
- In its original packaging
- Accompanied by written parental consent

Staff record:

- Time and dosage given
- Signature of the administering staff member
- Any observed side effects

Emergency medication (e.g., inhalers, EpiPens) is kept accessible and used according to individual care plans.

## **9. Hygiene & Infection Control**

We maintain high standards of hygiene by:

- Cleaning equipment and mats regularly
- Sanitising high-touch areas throughout the day
- Encouraging handwashing before eating and after toileting
- Using gloves and aprons for first aid involving bodily fluids
- Following public health guidance during outbreaks

## **10. Environment & Equipment Safety**

We ensure:

- The premises are clean, ventilated, and hazard-free
- Gymnastics equipment is checked before use
- Floors are dry and clear of obstacles
- Drinking water is accessible
- Toilets and handwashing facilities are clean and stocked

Risk assessments are reviewed regularly and updated for HAF sessions.

## **11. Mental & Emotional Wellbeing**

We recognise that health includes emotional safety.

Staff support children by:

- Creating a warm, encouraging atmosphere
- Offering reassurance and rest if a child feels overwhelmed
- Promoting positive behaviour and self-esteem
- Listening to children's worries and responding sensitively

Where concerns arise, staff follow the safeguarding policy.

## **12. Communication with Parents**

Parents receive clear information about:

- Illness exclusion periods
- Accidents or injuries
- Medication requirements
- Food provided during HAF sessions
- Any changes to health procedures

We encourage open communication and partnership with families.

## **13. Policy Review**

This policy is reviewed:

- Annually
- After any significant health incident
- In response to updated HAF guidance or public health advice