



Derry City & Strabane  
District Council  
Comhairle  
Chathair Dhoire &  
Cheantar an tSratha Báin  
Derry Clitlle & Strabane  
Districk Cooncil

Derry City & Strabane District Council  
Environmental Health Service

# Health & Safety in Fitness & Leisure Premises

Fitness & leisure premises operators must comply with the duties under the Health and Safety at Work (Northern Ireland) Order 1978 and all associated regulations. Operators have a legal obligation to ensure the health and safety of employees and persons using their facilities.

Operators are required to make a suitable and sufficient assessment of the health and safety risk to employees and persons using their facilities to decide what actions need to be taken to ensure the safety of all persons, by implementing sensible and proportionate measures to control the risk. **More information on risk assessments is available at [www.hseni.gov.uk/articles/risk-assessment](http://www.hseni.gov.uk/articles/risk-assessment)**



[www.derrystrabane.com/healthandsafety](http://www.derrystrabane.com/healthandsafety)

# Health & Safety in Fitness & Leisure Premises



**Pre-exercise screening** should be carried out to identify people who may have medical or physical conditions, which may put them at a higher risk of an adverse event during physical exercise.

To ensure the safety of users and the safe use of the facilities, induction programmes should be carried out to ensure that all users are informed about the correct use of equipment, pre-use/set up, safe use and adjustments to equipment.



**Fitness instructors/ Personal Trainers** should be competent with suitable qualifications and experience.

**Gym equipment should be subject to a periodic schedule of maintenance.** Daily/weekly inspections of equipment should be carried out to identify any faulty equipment and ensure it is taken immediately out of use. Records should be kept of all safety checks. You must ensure that the equipment is suitable for the level of participation and that it is not used unsupervised, by those unskilled in its usage. Equipment should be stored appropriately when not in use.



In the interest of health and hygiene clients should be made aware of the **hygiene procedures** and should be instructed in steps to take such as wiping down machines after use with sanitiser made available. Spillages should be cleaned up immediately.



A specific **risk assessment** must be carried out by a competent person for the water system and appropriate monitoring carried out as deemed necessary in relation to legionnaires disease. More information is available at [www.hseni.gov.uk/articles/legionella](http://www.hseni.gov.uk/articles/legionella)

A **fire risk assessment** must be carried out. More information is available at [www.nifrs.org/firesafe/](http://www.nifrs.org/firesafe/)

The **electrical installation and all electrical equipment** should be subject to a periodic schedule of maintenance by a competent electrical engineer. Records of inspection/testing should be maintained.



**Air Temperature** must be considered as high temperatures can be uncomfortable and clients may experience greater fatigue.

Consideration should be given to neighbouring residential or commercial properties in relation to **noise** from the impact of dropping weights, music being played or the shouting of instructions so as not to cause a noise nuisance.

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**Your views are important to us. To help improve our service, please provide feedback to [healthandsafety@derrystrabane.com](mailto:healthandsafety@derrystrabane.com)**

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This information is available upon request in a number of formats including large print, Braille, PDF, audio formats (CD, MP3, DAISY) and minority languages.

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