

# Fun Outdoor Gyms Safety Info

This equipment can be used safely and can be very beneficial for children and adults, promoting fitness, activity and exercise outdoors.

However, as with any equipment it needs to be used correctly and the owner of the equipment needs to risk assess it properly.

Most of our customers are schools.

Schools should make their own independent risk assessment and decide in what way the equipment needs to be used. However the same following explanation will be just as valid for any other location or use.

Whatever new equipment or activity that a school uses or introduces must be looked at carefully before use and this equipment is of course no exception.

It should be introduced to the children with clear explanations of proper and safe usage

Adequate Signage should be placed next to the equipment to explain the use

It should be supervised by teachers, helpers, students to ensure that it is being used correctly and safely

If there is the danger that other children may come too close to the equipment (from/back/side) then barriers/fences should be installed

Funoutdoorgyms can be bolted onto a hard surface such as concrete and it will be the decision of the school as to what soft surface if any is placed around the equipment in case of a fall or accident.

It can also be the decision of the school as to whether any padding needs to be added to the bars or any other part of the machines.

It can also be the decision of the school as to whether any extra grips need to be added onto the footholds.

It should also be the decision of the school as to whether a child needs to be helped on and off the equipment or whether they should be allowed to do this themselves

It should also be the decision of the school as to whether a child should be required to wear a helmet or other protective equipment.



# Example General Safety and Intro Sign

Please use this equipment with care

Only use if you can safely and comfortably reach the handles and footholds.

Take care when getting on and off the equipment.

Take care not to fall or slip.

Always hold the handles firmly and have your feet in a comfortable position on the footholds and always stay in control of the machines.

Do not go too fast or over exert yourself that you may fall or lose control.

Make sure that there is no one standing so close to you that they may get hit by you or the moving equipment.

Be especially careful if wet.

If you have any questions please contact [info@funoutdoorgyms.com](mailto:info@funoutdoorgyms.com)

# Example Individual Safety Signs/Explanations

(Can be abbreviated and put all together on 1 main sign/Explanation)

## Cross Trainer

Only use if you can safely reach the handles and footholds.

Take care when getting on and off the equipment. Take care not to fall or slip. Always hold the handles firmly, have your feet in a comfortable position on the footholds and always stay in control of the machine. Do not go so fast that you lose control. Make sure that there is no one standing so close to you that they may get hit by the moving legs or arms

## Running Roller

Hold the handles tightly.

Walk or run at a safe and comfortable pace.

Take care when getting on and off the equipment

Take care not to fall or slip

Always stay in control of the machine

Do not go so fast that you lose control

## Skiing Machine

Only use if you can safely reach the handles and footholds.

Take care when getting on and off the equipment. Take care not to fall or slip. Always hold the handles firmly, have your feet in a comfortable position on the footholds and always stay in control of the machine. Do not go so fast that you lose control. Make sure that there is no one standing so close to you that they may get hit by the moving legs or arms

## Bike

Only use if you can safely reach the handles and footholds.

Take care when getting on and off the equipment. Take care not to fall or slip. Always hold the handles firmly, have your feet in a comfortable position on the footholds and always stay in control of the machine. Do not go so fast that you lose control. Make sure that there is no one standing so close to you that they may get hit by the moving

European safety standards EN1176 and EN957