

Competition evaluation Report

OBSERVATION FORM FOR SAFETY EVALUATION IN GYMNASTICS

Identification data:

- Name of the event: **National Age Group Competition - Final Stage, National Championships Junior III and II - Stage II, and National Team Championships Junior I**
- Date and location of the event: **June 11th - 17th, 2023 Ploiesti,**
- Name of evaluator: **Gaju Anca Florentina**

Compliance with safety regulations in gymnastics is vital to minimize the risks of accidents and injuries during training and competitions. As gymnastics involves complex movements and demanding acrobatics, it is crucial for athletes to be aware of safety rules and adhere to them properly. Evaluating the adherence to safety regulations allows the identification of any deficiencies and deviations, providing an opportunity to take corrective measures to ensure a safe environment for athletes.

Methods of evaluating compliance with safety regulations:

Competition Venue: The Olimpia Sports Hall in Ploiesti met optimal standards for these competitions in terms of location, space allocated for athletes, audience, lighting, sound system, ventilation, hygiene norms, and cleanliness. Alarm systems, emergency exit doors, and security personnel were present.

Training Area and Circulation: Sufficient space was provided in the competition hall for training and unrestricted movement to prevent collisions among athletes.

Adequate Lighting: The competition hall had adequate lighting, both natural and artificial, allowing athletes to see and evaluate movements and apparatus accurately during exercises. However, there was a power outage on the last day of the competition.

Equipment and Training Surfaces: I checked the quality and safety of equipment and training surfaces such as floors, parallel bars, balance beams, rings, etc. I made sure they were in good condition, without defects or damage that could lead to accidents.

Equipment Safety and Stability: I ensured that the equipment was securely fixed and stable. Elements like parallel bars, balance beams, or vaulting apparatuses were properly anchored to prevent tipping or uncontrolled movement during use.

Appropriate Landing Surfaces: For apparatuses with a risk of falling, such as balance beams, trampolines, or vaults, suitable landing surfaces were provided, such as mats or landing mats with sufficient thickness and cushioning to reduce impact and injury risks.

First Aid and Emergency Measures: The competition venue had qualified personnel ready to respond in case of emergencies, including a doctor and a nurse.

Rules and Regulations: The competition had clear, transparent, fair, well-defined, and understood rules and regulations by all participants.

Children were rewarded with prizes and rewards at the competition, which brought about emotional comfort and validated their worth.

Judging Evaluation: The judging panel consisted of qualified and experienced individuals in the respective field, ensuring objective and fair evaluation.

Respect for Ethics and Integrity: The competitions adhered to ethical principles and core values, including avoiding fraud and any unfair practices.

Monitoring and Supervision: All competitions were adequately monitored and supervised to ensure compliance with the rules and prevent violations.

Athletes' Accommodation and Meals: The athletes were accommodated in four-star hotels with good conditions and high standards of cleanliness and hygiene. The rooms had private bathrooms and were adequately equipped. In terms of food quality, it was well-prepared with fresh ingredients and generous portions. Vegetarian options were also available.

Additional Observations and Recommendations:

Incidents and Injuries:

Considering the scale of the competition and the relatively large number of participating athletes, there were a few injuries; however, the children were promptly and adequately treated by the

ambulance teams present. There was a doctor and a medical assistant with complete medical kits, ensuring the necessary medical assistance in emergency situations.

There was also an incident reported by a female coach in which she requested assistance from a fellow club colleague to help one of their club's athletes on the apparatus. However, her request was refused. The reason for the refusal is less important; what matters is that an athlete did not receive the physical/psychological support they may need during moments of intense emotional intensity. In this case, the pride of the coaches took precedence over the athlete's best interest.

Recommendations:

We propose implementing sanctions for coaches who fail to fulfill their responsibilities of assisting children. These sanctions could include written warnings, temporary suspensions, or even fines (imposed on the coaches or the sports club). It is crucial to ensure a safe environment for the participating children and encourage responsible and dedicated involvement of the coaches in this process.

Additionally, to prevent slips, having a mop or cloth near the competition area to remove excess water from under the parallel bars is recommended.