

First aid policy

For GK Fit Ltd



MARCH 2026

GK Fit Ltd (The Company) is a company run for the following purpose:

Sports and fitness

The Company is registered at:

1 Orchard Estate, Cambridge, CB1 3JW

Company Number: 15620240

The Company has adopted this First aid policy and expects every adult working or volunteering at The Company to support it and comply with it.

Purpose of the policy

This policy is intended to outline first aid procedures and the administering of first aid to young people attending sports sessions and activities operated by GK Fit Ltd. This includes providing sufficiently trained employees and maintaining an adequate supply of first aid equipment.

Under this policy, the term 'young person' or 'young people' shall mean any person who is under eighteen years of age. The term 'First Aider' shall refer to a member of staff who has a valid Paediatric Infant & Child First Aid qualification.

Legal position

The duty of The Company to provide first aid at work is governed by the Health and Safety (First Aid) Regulations 1981. These require The Company to carry out a risk assessment in order to determine what first aid facilities and personnel are necessary to meet the needs of the activity taking place.

The Company is required to review this assessment periodically to ensure that current provision is adequate. In order to comply with these Regulations, the assessment has considered a number of factors, including the following:

- Number of children in attendance
- Type of facility/surface being used.

Responsibilities of The Company and the First Aider

It is The Company's duty to ensure one First Aider is present at all sessions and activities operated by GK Fit Ltd, and that first aid equipment is readily available. In order to carry out their duties effectively, the First Aider has the following responsibilities:

- Respond promptly to all requests for assistance
- Summon further help if necessary
- Look after the casualty until recovery has taken place or further medical assistance has arrived
- Report details of any treatment provided.

Where a First Aider has administered treatment, the following procedure should be followed:

- Complete an accident report form and log for The Company's records
- Inform the parents/carers of the young person.

Children with medical needs

It is the duty of the parent/carer to notify The Company of any medical needs of the young person and to supply any medication and any other relevant information before the start of the session.

This policy is approved and robustly endorsed by GK Fit Ltd.

Signed: 

Name: Georgia King Johnson, GK Fit Ltd

Date: 10 March 2026