



GYM SAFETY COMPLIANCE SELF-ASSESSMENT SCORECARD

INSTRUCTIONS

This scorecard helps you quickly assess the strength of your gym's safety systems.

Each question represents a key area that is typically reviewed during a gym safety audit. Rate each area from 1 to 5 based on how safety is currently managed in your facility.

Rating Scale:

1

No formal process

There is no clear process or safety system in place.

2

Basic checks occasionally

Safety checks happen occasionally but are not consistent.

3

Informal checks regularly

Checks are done regularly but are not formally documented.

4

Mostly structured process

A clear process exists but may not be consistently followed.

5

Fully documented system

Safety processes are structured, documented and regularly followed.

Learn more

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GYM SAFETY SCORECARD

QUESTIONS:

RATING SCALE:

Equipment inspections and maintenance process

Do you have a clear process for checking and maintaining gym equipment?

1

2

3

4

5

Hazard identification and trip hazard management

Are potential hazards identified and managed before they become issues?

Emergency procedures and evacuation readiness

Are emergency procedures clearly defined and understood?

First aid readiness and incident response

Is there a clear process for responding to injuries or incidents?

Safety signage and member guidance

Are members clearly informed about safe equipment use and facility rules?

Staff safety procedures and responsibilities

Do staff know their role in maintaining a safe environment?

Documented risk assessments for the facility

Has the facility formally identified and documented key risks?

Regular safety reviews or safety audits

Are safety systems reviewed regularly to ensure they remain effective?

TOTAL SCORE

/ 40



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UNDERSTANDING YOUR SCORE

What Your Score Means

● 0-20 - High Risk

Your safety systems may be incomplete or informal.

Important processes such as equipment checks, hazard management or safety documentation may be missing or inconsistent.

A structured safety review is recommended.

● 21-30 - Moderate

Some safety processes appear to be in place, but they may rely on informal checks rather than structured systems.

Improving documentation and consistency can significantly reduce risk.

● 31-40 - Strong

Your safety systems appear well structured and regularly followed.

Continuing to review and maintain these processes will help ensure your facility remains safe for members and staff.

Next Step: Review Your Safety Systems

If your score is below 30, it may indicate gaps in how safety processes are documented or followed. A professional Gym Safety Audit can help identify risks, confirm compliance and prioritise improvements.

Learn more

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