

# ALTON CANOE CLUB



## HEALTH AND SAFETY POLICY STATEMENT

Alton Canoe Club is strongly committed to encouraging our members to take part but the health, well-being and safety of each individual is always our paramount concern.

We recommend levels of training dependent on age and ability, and expect our members to participate within these boundaries.

## HEALTH AND SAFETY POLICY

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report and record any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed annually and monitored for effectiveness.

### AS A CLUB MEMBER YOU HAVE A DUTY TO :

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

### CLUB HEALTH AND SAFETY OFFICER :

Amanda Pagett

### FIRST AID:

#### Location of first aid facilities:

Alton Sports Centre pool office and reception or with the outings designated first aider.

#### Location of telephones:

Alton Sports Centre pool office and reception or with the outings designated first aider.

### QUALIFIED FIRST AIDERS:

- Alton Sports Centre Lifeguards and the designated outings first aider.