

HEALTH AND SAFETY POLICY

<i>Policy reviewed on</i>	18/02/2023
<i>Policy due for review</i>	Annually

HEALTH AND SAFETY POLICY STATEMENT:

“Llanrwst Canoe Club is strongly committed to encouraging all members to take part in paddlesport, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training and activity appropriate to each member’s age and ability, and we 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 premises used by the club and 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 activity, training or competition by regularly assessing individual ability and taking into account age, maturity and development.
- Ensure that all activities are led by an appropriately qualified/experienced paddler approved by the club committee, who is responsible for ensuring that the participants in a given activity have sufficient paddling ability to take part safely and that the activity is relevant to their ambitions.
- Ensure that all members are aware of, understand and follow the club’s health and safety policy.
- Appoint a competent club member to lead on health and safety responsibilities.
- Ensure that standard and emergency operating procedures are in place and known by all members.
- Carry out regular checks of all club equipment.
- Provide access to adequate first aid facilities, telephone and a qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on premises used by the club.

- Ensure that the implementation of the policy is reviewed regularly 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 do 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 (OR EVENT SAFETY OFFICER):

Andy Bethel

FIRST AID: Those coaching and/or leading a club event are responsible for ensuring that appropriate safety equipment including a First Aid Kit and emergency communications equipment are available.

QUALIFIED FIRST AIDERS:

1. Mark Weldon
2. Brian Reynolds
3. Ron Rees-Davies
4. Andy Bethel