



SUTTON & DISTRICT AC

HEALTH AND SAFETY POLICY

HEALTH AND SAFETY POLICY STATEMENT:

"Sutton & District AC" is strongly committed to encouraging our members to take part, but the health, well-being and safety of everyone is always our paramount concern. We recommend levels of training dependent on age and ability and expect our junior athletes to participate within these boundaries."

HEALTH AND SAFETY POLICY:

To support our Health and Safety policy statement Sutton & District AC are committed to the following duties:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club. Annual Risk Assessments take place. However, notices are placed in the club room to remind regarding guidance on safety.
- 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 and competition 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.
- Ensure there are several appropriate adults to ensure training can take place safely. If there are insufficient numbers alternative volunteers may help however if no help is available the training/event will be either changed or cancelled.
- Appoint a competent club member to assist with health and safety responsibilities.
- The Management Committee review Health and Safety as part of the monthly meeting agenda. If an issue arises within that time our Club Secretary should be alerted and a committee member will be delegated to deal with the issue.
- 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 any injuries or accidents sustained during any club activity or whilst on the club premises.
- 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 not do.
- Will not use equipment individually unless a coach is present or approval has been given.
- Co-operate with the club officers on health and safety issues.
- Correctly use all equipment provided by the club and adhere to H&S advice.
- Not interfere with or misuse anything provided for your health, safety or welfare.
- If persistent misuse of equipment occurs the member will be warned via letter and sanctions to training will be put into place.
- Not attend training if you have an injury or illness unless this has been agreed with the coach for rehabilitation.

CLUB HEALTH AND SAFETY OFFICER:

Please report any health & safety concerns to a member of the Management Committee, your coach or via clubsecretarysutton@live.co.uk. All concerns are taken seriously and are reviewed monthly at Club Committee Meetings.

FIRST AID EQUIPMENT:

DWLC support Sutton & District with the use of First Aid Room located at front of house. The centre staff are first aid trained as are a number of club coaches.

Club First Aid Equipment is located in the Club equipment room. A defibrillator is located in the first aid kit.

Club at competitions – the Team Manager will have access to the First Aid Kit bag incl. defibrillator.

Accident Report forms can be found in the clubroom.

QUALIFIED FIRST AIDERS:

The club currently has a number of qualified first aiders. A list can be found in the clubroom.