

Ulverston Canoe Club

Health and Safety Policy

Health and Safety Policy:

While Ulverston Canoe Club encourages our members and guests to participate in club activities, the health, safety and well-being of each individual is of paramount concern. We recommend that involvement in such activities is undertaken within the broad context of the health, fitness and capabilities of the individual concerned, with due consideration to club risk assessments and that any guidance provided by club coaches and leaders pertaining to matters of safety be adhered to.

To support our Health and Safety policy statement we shall wherever practicable:

- Ensure that club members are aware of, understand and adopt club H&S policy.
- Mitigate risk by putting adopting control measures detailed in club risk assessments.
- Require Activity Leaders use the club Health & Safety (H&S) checklist as an aide memoire before starting club activities.
- Ensure that club members are given appropriate advice and training.
- Ensure that club leaders and coaches act in such a way to support and deliver our H&S Policy.
- Provide access to adequate first aid and means of summoning outside assistance during club activities.
- Ensure that members are aware of and have access to the club Operating Procedures.
- Record the circumstances surrounding any injury or accident which may occur during club activities to British Canoeing.
- Ensure that implementation of the club H&S policy is reviewed and monitored for effectiveness.

Health and Safety Policy Guidance:

- Take reasonable care for your own Health, Safety and Welfare and that of others who may be affected by your actions or inactions.
- Ensure that you understand the nature of any activity in which you are to take part. If you are unsure, ASK.
- Ensure that you understand any risk assessment, briefing, instruction or guidance that you are given. If you are unsure, ASK.
- Ensure that you understand how to correctly use, fit or wear any equipment provided for your use during club activities; such equipment may be provided by the club, club member or others. If you are unsure, ASK.
- Co-operate fully with the club and other members on matters of H&S.
- Do not interfere with or misuse anything provided for your health, safety or welfare.
- If you are asked to explain something by another member or guest and are not sure yourself, direct the question to an Activity Leader or coach and make certain that the individual who asked you does the same.
- The club has a safety bag containing (as a minimum) a large group shelter, a first aid kit and spare warm clothing. This bag available for use on any club activity and should be taken on any club activity where the leader or organiser does not provide at least an equivalent safety kit.

- Club Activity Leaders are responsible for the immediate H&S of participants on any club activity which they lead. Overall responsibility for H&S for club activities resides with the chair of Trustees and Management Committee.

Declaration of Intent

This policy was ratified by the club committee and adopted as policy on 17 Aug 2019