

HORSFORTH HARRIERS HEALTH AND SAFETY POLICY

HEALTH AND SAFETY POLICY STATEMENT:

Horsforth Harriers is strongly committed to encouraging our members to take part in running activities but the health, well-being and safety of each individual is always our paramount concern. We organise training and encourage competition in a challenging but supportive environment which accounts for the individual ability of members.

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.
- Cooperate on Health and Safety matters with those managing/running our host premises.
- Create a safe environment by putting health and safety measures in place as identified by risk assessment.
- Ensure that all members are offered an appropriate level of training based on individual ability.
- Facilitate challenging training and competition within realistic boundaries of individual abilities.
- Ensure that all members are aware of, understand and follow the club's health and safety policy and club rules; contained within the club constitution.
- 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 and identify competent first aid providers during club activities.
- Report any injuries or accidents sustained during any club activity.
- 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.
- Train within personal capabilities notwithstanding undertaking training/competition which presents a suitable personal challenge.
- Co-operate with the club on health and safety matters.
- Correctly use any equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

CLUB HEALTH AND SAFETY OFFICER:

Paul Beal

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FIRST AID: Location of first aid facilities:

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