



SKELMERSDALE BOUNDARY HARRIERS

HEALTH AND SAFETY POLICY STATEMENT

Skelmersdale Boundary Harriers is strongly committed to ensuring the health, safety and welfare of our Members, and anyone involved in the club or affected by our activities. The health, well-being and safety of each individual is always our paramount concern.

We encourage levels of training and competition dependent on age and ability and expect our athletes to participate within these boundaries.

Health and Safety Objectives

In order to ensure the effective implementation of this policy, we will:

- Undertake regular, recorded risk assessment of all sporting activities organised by the club
- Create a safe environment by putting health & safety measures in place as identified by the assessment
- Ensure that all members are provided with the appropriate level of training and competition by regularly assessing individual ability
- Ensure that all members are aware of, understand and follow the club's health & safety policy
- Appoint a competent person to assist with health and safety responsibilities
- Ensure that safe operating procedures and emergency operating procedures are in place and communicated to all members
- Provide access to adequate first aid facilities including qualified first aiders whenever possible
- Ensure that the implementation of the health and safety policy is reviewed regularly and monitored for effectiveness.

Members' Health and Safety Obligations

- Take reasonable care for your own health & safety and that of others who may be affected by your activities
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions and events to participate in
- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club
- Do not interfere with or misuse anything provided for your health, safety or welfare.
- Report any injuries or accidents sustained during any club activity