



## **Newbury District Swimming Club**

# **Health & Safety Policy**

### ***POLICY MANAGEMENT:***

This policy was adopted by the Committee on 12<sup>th</sup> November 2018

## **Health & Safety Policy Statement**

“Newbury District Swimming Club is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual 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 & Safety Policy:**

To support our Health & Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the premises used by 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 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 & Safety Policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place.
- 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 using the ASA reporting procedures and those in place for the hired facility.
- 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.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not to interfere with or misuse anything provided for our health, safety or welfare.



## **First Aid:**

- First Aid at all hired leisure centre pools is provided by the trained Lifeguards. Members should familiarise themselves with the facility information.
- At Brockhurst and Marlston House School Pool First Aid will be provided by the coach in charge of the session who will always be a qualified first aider.