



HEALTH AND SAFETY POLICY STATEMENT:

“ *Hampton Canoe 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”

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 the club premises 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 by regularly assessing individual ability depending on age, maturity and development.
- Ensure that all members are aware of, understand and follow the Club Safety Plan.
- 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 a qualified first aider will be on all club trips.
- 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.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

CLUB HEALTH AND SAFETY OFFICER: TBA

FIRST AID:

Location of first aid facilities:

- A first aid box is above the microwave.
- First aid kits that should be taken on paddles are in the cupboard above the bench that is marked "First aid".
- The nearest defibrillator is on the outside of the ferry building. To use it, call the phone number on the green box it is in and you will then be provided with the keypad code to unlock it. The defibrillator itself will talk you through how to use it.
- Register for 999 texting. In places where mobile reception is a bit weak, a text message can get through when phone or internet can't. Text messages can be sent to 999, but you do need to register first. Text register to 999 and follow the instructions. More information is available at https://www.emergencysms.net/files/3649_esms_6.pdf

QUALIFIED FIRST AIDERS:

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All of the coaches are qualified first aiders, as are trip leaders. Other club members are also qualified.
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Checked Jan 2023 by Tamra Cave