



CARDIFF CANOE CLUB HEALTH AND SAFETY POLICY

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| <i>Policy reviewed on</i> | 18/12/2018 |
| <i>Policy due for review</i> | 17/12/2019 |

HEALTH AND SAFETY POLICY STATEMENT:

“**CARDIFF CANOE CLUB (CCC)** is strongly committed to encouraging our members to take part in paddlesport, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training and activity appropriate to each member’s age and ability, and expect our members to participate within these boundaries.”

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 activity, training or competition by regularly assessing individual ability and taking into account age, maturity and development.
- Ensure that all members are aware of, understand and follow the club’s health and safety policy.
- Appoint a competent club member to lead on health and safety responsibilities.
- Ensure that standard and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and a qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises (if applicable).
- 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 do 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 (OR EVENT SAFETY OFFICER):

Gareth Morgan

welfare@cardiffcanoeclub.co.uk

FIRST AID:

Location of first aid facilities:

Club Pool Sessions (Cardiff International Pool)

In the event of emergency, first aid cover will be provided by duty first-aider Cardiff International Pool

Club Summer Sessions (Cardiff International White Water Centre)

In the event of emergency, first aid cover will be provided by duty first-aider Cardiff International White Water Centre)

Club Trips

In the event of emergency, first aid kit will be carried by the designated trip river leader

QUALIFIED FIRST AIDERS:

1. Sue Eades
2. Gavin Clarke
3. Colin Eades
4. Andy White
5. Stuart White

Signed: _____

Date: _____

18/12/2018