



TRURO CANOE CLUB – HEALTH AND SAFETY

POLICY STATEMENT

Truro 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, and expect our junior athletes to participate within these boundaries.

POLICY

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

- Undertake regular, recorded risk assessments of the premises and locations used by the club 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 and 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 and known by all members.
- 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 or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

PROCEDURES

- All club activity is to be conducted in accordance with the outcomes of generic, site/activity specific and dynamic risk assessments following British Canoeing Safety Guidance at:
<https://www.britishcanoeing.org.uk/uploads/commonUploads/British-Canoeing-Safety-Guidance.pdf>.
- Risk mitigation protocols are to be observed. Key protocols are:
 - Buoyancy aids are to be worn at all times.
 - Activity should only take place when conditions are suitable.
 - Group cohesion should be maintained at all times with no individuals allowed to lose contact with the group.
 - In the event of conditions or circumstances changing during an activity session, the decision and direction of the most qualified or experienced person present will be followed by all.

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.
- Abide by the British Canoeing Safety Guidance at:
<https://www.britishcanoeing.org.uk/uploads/commonUploads/British-Canoeing-Safety-Guidance.pdf>
- Comply with club health and safety policy and procedures as detailed above at all times.
- 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: Gary Partridge

FIRST AID: A first aid kit can be found in Paul Postill's car.

TELEPHONE: An unlocked mobile phone can be found in the first aid kit.

QUALIFIED FIRST AIDERS:

1. Paul Postill
2. Cassie Byers
3. Bill Sharpe