

Solihull & Small Heath Athletic Club

**Health & Safety Policy**

Solihull and Small Heath Athletics Club (SSHAC) is committed to ensuring that all members take part in activities that are safe and well managed. Our athletes and volunteers health, well-being and safety is of paramount concern.

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

**Health and Safety Policy**

To support and promote Health & Safety at the club we are committed to the following duties:

* Undertake regular, recorded risk assessment of the club premises and all activities organised by the club
* Inspect sports equipment before use and take appropriate actions to make it safe if necessary
* Report any incidents or accidents sustained during any club activity. Investigate and learn from incidents & accidents and share details with other organisations as appropriate (e.g. UKA, Tudor Grange Leisure Centre).
* Create a safe environment by putting health & safety measures in place as identified by the risk assessments and any incident / accident investigations
* Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability
* Ensure that normal operating procedures and emergency operating procedures are in place and known by all members
* Provide access to adequate first aid facilities at all times including qualified first aider whenever possible
* Appoint a competent club member to assist with health and safety responsibilities
* Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
* Ensure that all members are aware of, understand and follow the club’s health & safety policy

**As club members and volunteers you have a duty to:**

* Take reasonable care for your own health & safety and that of others who may be affected by your actions
* Assess your own fitness levels and maturity when deciding what training and events to take part in
* Co-operate with the club on health & safety issues
* Correctly use all equipment provided by the club
* Not interfere with or misuse anything provided for your health, safety or welfare
* Report all health and safety concerns, incident or accidents to an appropriate official.

**Who to contact**

Please contact any member of the committee (see website for details) with concerns or comments.

**Policy last updated**: May 2023 v1

**Next review**: 2024