



# Solihull & Small Heath Athletic Club

## Health & Safety Policy

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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