



# CAITHNESS AMATEUR ATHLETIC CLUB



## Health & Safety Policy

### HEALTH & SAFETY POLICY STATEMENT:

“Caithness Amateur Athletic Club is committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We offer levels of training dependent on age and ability, and expect our athletes to participate within these boundaries.”

### HEALTH & SAFETY POLICY:

To support our Health & 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 & safety measures in place as identified by the risk 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 & Safety Policy
- Appoint a competent club member to assist with health and safety responsibilities
- 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

### AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health & safety and that of all others who may be affected by what you do or don’t do
- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club
- Not to interfere with or misuse anything provided for your health, safety or welfare

**CLUB HEALTH & SAFETY OFFICER:** .....

**FIRST AID:** Location of First Aid facilities - First Aid Kits are held in the CAAC shed

**QUALIFIED FIRST AIDERS:** .....

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**Chair Person** .....

**Date** .....

**Secretary** .....

**Date** .....