



GUILDFORD & GODALMING ATHLETICS CLUB LIMITED

HEALTH & SAFETY POLICY 2023

Health and Safety Policy Statement

Guildford & Godalming Athletic Club Limited is strongly committed to encouraging our members to take part, but the health, well-being, and safety of everyone is always our paramount concern. The purpose of our health and safety policy is to prevent accidents, manage the health and safety risks during training and competitions, and maintain the safety, and safe use of our own equipment. We recommend levels of training dependant on age and ability and expect our athletes to participate within these boundaries.

Health and Safety Policy

To support our Health and Safety Policy Statement we are committed to the following duties:

- To undertake regular recorded risk assessments of the club premises and all activities undertaken by the club, and review in accordance with regulations and recommendations.
- To create a safe environment by putting health and safety measures in place as identified by the risk assessment and in line with guidance from UK Athletics Approved Codes of Practice. <https://www.uka.org.uk/governance/health-safety/safety-codes-of-practice-and-safety-guidance/>
- To ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity, and development.
- To ensure that all members are aware of, understand and follow the club's health and safety policy.
- To consult regularly on health and safety matters as they arise and formally when we review health and safety.
- To appoint a competent club member to assist with health and safety responsibilities.
- To ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- To provide access to adequate first aid facilities, and a qualified first aider at all times.
- To report any injuries or accidents sustained during any club activity or whilst on the club premises to the appropriate authority.
- To ensure the implementation of the policy is reviewed regularly and monitored for effectiveness.

As a Club member you have a duty to:

- Take responsibility 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 coaches and volunteers on health and safety issues.
- Correctly use all equipment provided by the club or used on club premises.
- Not to interfere with or misuse anything provided for your health, safety, or welfare.
- Report all safety concerns to the club health and safety officer, or another appropriate person.

Club Health and Safety Officer is: **Will Parsons**

Location of First Aid Equipment: In First Aid Room and in Storage Cupboard