



BASINGSTOKE & MID HANTS ATHLETIC CLUB

HEALTH AND SAFETY POLICY

INTRODUCTION

The Club is strongly committed to encouraging the members to take part in the activities of the Club 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, expecting all our athletes to participate within these boundaries.

THE POLICY:

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

- Undertake regular, recorded risk assessment of the Club premises, athletics track and all activities undertaken by the Club. For the avoidance of doubt in place are
 - Down Grange Facility Use Risk Assessment (which applies to regular scheduled training events)
 - Group specific risk assessments including COVID Risk assessments
 - Individual event risk assessments which shall be carried out prior to any organised event/activity e.g. competitions
- Create a safe environment by putting health and safety measures in place as identified by the assessments
- 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
- Provide guidance on track etiquette via the maintenance of a track etiquette guide
- 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 and safety and that of others who may be affected by what you do or not do
- Co-operate with the Club on health and safety issues
- Correctly use all equipment provided by the Club and adhere to the track etiquette guidance
- Not interfere with or misuse anything provided for your health, safety or welfare.

FIRST AID INFORMATION:

Location of First Aid Kit: Two first aid boxes are in the Club Cabin Kitchen facilities.

First Aid Folder: Located next to the two first aid boxes.



Telephones: There is no public telephone or land line on site. Use will need to be made of personal mobile phones.

First Aiders: There are 2 nominated first aiders, whose names are shown in the first aid boxes and the first aid folder.

Last Reviewed: February 2024

Next Review Date: February 2025