

# Southend Canoe Club Health & Safety Policy



## Statement of Risk

Southend Canoe Club places safety as a top priority. Adventurous Activities involve some risks for the people taking part and Southend Canoe Club keep these risks as low as possible. The chances of serious injury are extremely low, but the chance of minor injuries (bruises, bumps and less likely - minor fractures) are a possible result of taking part in Adventurous Activities.

Southend Canoe Club will minimise the actual dangers by:

1. Carrying out a careful assessment of all risks before commencing the activity.
2. Giving clear safety instructions to everyone participating.
3. Ensuring equipment is suitable for the activity and the environment.
4. Ensuring that canoeing / kayaking activities are within the capabilities of the participants.
5. Asking participants to supply any medical conditions or information.
6. Ensuring good hygiene standards are kept.

We expect participants to co-operate with Southend Canoe Club to ensure safety of all participants, by following instructions and answering questions honestly about any medical conditions or other information relating to health and safety

HEALTH AND SAFETY POLICY STATEMENT: "As a club we are committed to promoting all aspects of Paddlesport and ensuring that we conduct these in as safe manor. British Canoeing affiliation ensures that the club will be insured - the health, well-being and safety of each individual is always our paramount concern."

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

- A recorded risk assessment of the club activities is undertaken and updated every year by the club these can be viewed on our web page.
- Measures recommended in the risk assessment will be put in place, reviewed at meetings to promote safety within the club.
- We will ensure that all members are given the appropriate level of training by regularly assessing individual ability dependant on age, maturity and development. Dynamic risk assessments undertaken by coaches/leaders on every event/trip as conditions can change.
- It is imperative that members understand and follow the club's health and safety policy, report any concerns and follow instructions from coaches/leaders.
- We will appoint a competent member to assist with health and safety responsibilities.
- Normal and emergency operating procedures are in place at our pool sessions we follow instructions issued by staff. Safety briefs on events are issued before the trip or verbally by leader.
- First aid kits are carried by leaders, as well as a suitable means of communication. All groups include at least one trained first aider.



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- All members need to report any injuries or accidents sustained during any club activity or whilst on the club premises. Report forms are on the web page
- The club will monitor and review this policy every year (resigned and dated)
- The committee will conduct a safety audit on all club equipment (pool boats) every year.

### 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.
- Not interfere with or misuse anything provided for your health, safety or welfare.
- Trips entered on the calendar will be regarded as club insured events.
- All members taking part in paddle sports must be aware that there is recognised inherent risks with any sporting activity these are intensified in the outdoor environment. By signing up for these events you accept the risks that go with the sport. The club will put in control measures to reduce the likelihood of personal injury but can never eliminate all risks.

CLUB HEALTH AND SAFETY OFFICER: Richard Moore

### FIRST AID:

- first aid kits will be carried on all trips
- trip leaders will carry phones for emergency's

During pool sessions all lifeguards are trained in CPR and first aid, there is a AED at the Pool,