



TRISudbury

Eastern Region Triathlon Club Of The Year 2018
Eastern Region Triathlon Club Of The Year 2016

TRISUDBURY HEALTH AND SAFETY POLICY

HEALTH AND SAFETY POLICY STATEMENT:

TRISudbury is strongly committed to encouraging our members to take part, but the health, well-being and safety of everyone is always our paramount concern. We recommend levels of training as guided by British Triathlon, dependent on age and ability and expect our junior 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:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club (reviewed annually).
- Create a safe environment by putting health and safety measures in place as identified by the 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 and safety policy, a copy of which is included in the membership induction pack.
- Appoint a competent club member to assist with health and safety responsibilities in the role of Health and Safety officer.
- 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.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- Health and Safety Policy is supported by additional club policy documents (See Appendix)

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.



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CLUB
BRONZE



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CLUB HEALTH AND SAFETY OFFICERS:

Phil Tetley and David McMahon

FIRST AID:

Location of first aid facilities:

- Defibrillator at Great Cornard Sports Centre located in entrance Foyer
- Defibrillator at Kingfisher Leisure Centre located behind reception

Location of telephones:

- Great Cornard Sports Centre Reception
- Kingfisher Leisure Centre Reception

QUALIFIED FIRST AIDERS:

- Alasdair Sutherland (Head Coach)
- Lisa Dalton (Club Coach)

APPENDIX (All policy documents available on club website):

- Child Protection and Safeguarding Policy
- Photography Policy
- Juniors Attending Coaching Sessions Policy
- Coaches Code of Ethics and Conduct
- Members Code of Conduct
- Club Session Risk Assessments
- Club Incident Forms
- TOR Health and Safety Officer



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