

# **PORT TALBOT HARRIERS**

## **HEALTH AND SAFETY POLICY STATEMENT**

Port Talbot Harriers is strongly committed to encouraging our members to take part, 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 and expect our athletes to participate within these boundaries.

### **Health and Safety Policy**

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

- Undertake regular, recorded risk assessment of all sporting activities organised by the club
- Create a safe environment by putting health & 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
- 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
- Ensure that procedures are in place and known by all members
- Provide access to adequate first aid facilities at all times including qualified first aider whenever possible
- Report any injuries or accidents sustained during any club activity
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### **Members' Health and Safety Duties**

- Take reasonable care for your own health & safety and that of others who may be
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter

- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club
- Do not interfere with or misuse anything provided for your health, safety or welfare.