

MEDWAY & MAIDSTONE A.C.

HEALTH & SAFETY POLICY & GUIDELINES

Policy Statement

Medway & Maidstone A.C. has a duty of care to safeguard its members, and its Health & Safety Policy forms a vital part of that process. Its general policy is:

- to provide adequate control of the health and safety risks arising from our sporting activities
- to consult with all who are working on behalf of the club on matters affecting their health & safety
- to provide and maintain a safe environment and equipment
- to ensure that coaches and other volunteers are competent to do their tasks, and to give them adequate training
- to prevent accidents
- to maintain safe and healthy conditions
- to review and revise this policy as necessary at regular intervals.

Risk Assessment

In order to discharge its responsibilities, individual coaches and other volunteers working for Medway & Maidstone A.C. will assess the risks at the place of activities, using the Risk Assessment Form in accordance with any guidelines provided by the sport's governing body.

Good Practice

It is good practice to:

- have a first aider at all training sessions
- familiarise yourself with any emergency procedures appropriate for the particular venue
- check the facilities you use meet safety standards
- check that the facility equipment is kept in a good state of repair
- maintain a register of attendance, together with medical information and emergency contact details
- make sure athletes are appropriately dressed for the activity
- carry out a warm-up at each session
- raise ongoing concerns with the Club Welfare Officer in order that preventative action can be determined and the procedures revised.