

## **Health and Safety Policy Statement**

Shetland Canoe Club (the Club) is strongly committed to encouraging our members to take part in the Club's activities, but the health, well-being and safety of individuals will always be the Club's paramount concern. The Club appoints a Committee Member as Safety Officer to assist the Club with compliance with its health and safety responsibilities.

### **Health and Safety Policy:**

To comply with the Club's Health and Safety policy statement the Club is committed to the following:

- Ensuring that all Members are aware of, understand and follow the Club's Health and Safety Policy.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- Undertaking and recording regular risk assessments and standard operating procedures for Club activities.
- Creating a safer environment by putting mitigative measures in place as identified by risk assessments.
- Recording any incidents or accidents and injuries sustained during any Club activity and reporting these to British Canoeing.
- Undertaking reviews of accidents, incidents or near misses to enable updating of risk assessment if necessary.
- Appoint a competent club member to assist with health and safety responsibilities in the role of Club Safety Officer.
- Provide access to adequate first aid facilities, telephone and a qualified first aider at all times.

### **Coaches, leaders and organisers of activities have responsibility for:**

- Leading club activities that provide a level of challenge and perceived risk that is appropriate to the aims of the session, the abilities of the group, and the environmental conditions.
- Applying the club safety policies and making further risk assessments specific to the activity, venue, participants, and environment.
- Checking the suitability of equipment participants will use for the activity.
- Safeguarding the physical, mental, and emotional health and wellbeing of the participants.
- Working in accordance with the British Canoeing Environmental Definitions and Deployment Guidance for Instructors, Coaches and Leaders.
- Holding, and updating as required, first aid and safeguarding certification.
- Notify the club of changes to their qualification status.

**Health and Safety is the responsibility of all Members and therefore they shall acknowledge that they have a duty to:**

- Comply with the Club's health and safety policy.
- Co-operate with the Club on health and safety issues.
- Take reasonable care of their own health and safety and that of others who may be affected by what they do or not do.

- Report any issues of concern regarding Club safety to the Club Safety Officer.
- Be honest about their abilities and experience in discussions with Trip Leaders.
- Be proactive in declaring any relevant medical problems to the Trip Leader.
- Follow instructions from Trip Leaders regarding safety issues.
- Correctly use any equipment provided by the Club and use it within their level of competency.
- Not interfere with or misuse anything provided for their own or another's health, safety or welfare.
- Read the Club's Standard Operating Procedures.
- Read the Club's risk assessments and, if necessary, seek advice in understanding them.
- 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.