

## **BOURNEMOUTH JOGGERS**

# **HEALTH AND SAFETY POLICY**

Bournemouth Joggers 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 dependent on ability and expect our 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 all activities undertaken by the club.
- 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.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint competent club members to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to a qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### **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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