



THIRSK AND SOWERBY HARRIERS

HEALTH AND SAFETY POLICY STATEMENT

Thirsk and Sowerby Harriers (the Club) is committed to encouraging our members to take part, but the health, well-being and safety of each individual is our paramount concern. We recommend levels of training dependent on age and ability, and expect our junior athletes to participate within these boundaries.

1. The Policy:

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

- 1.1 Undertake recorded risk assessment of activities undertaken by the club. NB Risk Assessments available to view under [here](#).
- 1.2 Create a safe environment by putting health and safety measures in place as identified by the assessment.
- 1.3 Ensure that all members are given the appropriate level of training dependent on age, maturity and development, and regular assessment of individual ability.
- 1.4 Ensure that all members are aware of, understand and follow the club's health and safety policy. NB documents available to view here.
- 1.5 Appoint a competent club member to assist with health and safety responsibilities.
- 1.6 Provide access to adequate first aid facilities and telephone at all times. NB all coaches carry a first aid bag, telephone and have at least basic first aid training.
- 1.7 Record injuries or accidents sustained during any club activity in the accident/incident book as soon as possible after the event, this book is held by the Head Coach or Health and Safety Officer.
- 1.8 Ensure that the implementation of the policy is reviewed annually and monitored for effectiveness.

2. As a Club Member you have a duty to:

- 2.1 Take reasonable care for your own health and safety and that of others who may be affected by your actions.
- 2.2 Cooperate with the club on health and safety issues.
- 2.3 Correctly use all equipment provided by the club.
- 2.4 Not interfere with or misuse anything provided for your health, safety or welfare.

3. Club Health and Safety Officer:

Lorraine Hiles [Email](#)

Review date: April 2024

4. Qualified First Aider:

1. Lindsey Collins

5. First Aid facilities:

All coaches have a Club First Aid kit which they bring with them to training sessions.

6. Defibrillators

In the event of cardiac arrest, on dialling 999 the ambulance controller will inform you where the closest defibrillator is located and give the access code for it.