

# Health and Safety Policy



Eden Dodgeball Club is strongly committed to encouraging our members to participate in dodgeball, 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 players to participate within these boundaries. Eden Dodgeball Club will always strive to provide safe and functioning equipment in a hazard free environment.

## **To support our Health and Safety policy statement, Eden Dodgeball Club commit to the following duties:**

- Undertake regular, recorded risk assessment of the facilities used by the club and 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 dependant on age, maturity and development through personal development plans.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member 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 adequate first aid facilities, a telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on premises used by the club.
- Ensure that the implementation of the policy is reviewed annually and monitored for effectiveness.

## **As a club member, you have a duty to:**

- Take responsibility for health and safety issues as and when they arise and ensure they are recorded properly.
- 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.
- Report any unsafe equipment immediately to the coach running the session who will ensure it is no longer used and properly recorded.
- Clear any hazards from a playing area immediately and report it to the coach running the session.
- Not interfere with or misuse anything provided for your health, safety or welfare.

**FIRST AID:** A first aid kit is kept at Penrith Leisure Centre reception. Telephones are with coaches.

**QUALIFIED FIRST AIDERS: Ben Hoyle TBC and Penrith Leisure Centre Staff.**

Diane Duguid  
Welfare Officer

Date: 22<sup>nd</sup> October 2019

Review Date: 22<sup>nd</sup> October 2020