

Southampton Athletic Club – Health and Safety Policy

April 2022

Date / Version:	Assessed by:	Location :	Review :
21/04/2022	SAC Committee	Southampton Outdoor Sports Centre - Athletics Track	Annually or as required

Statement of intent

Southampton Athletic Club is committed to ensuring that all members take part in activities that are safe and well managed. Our athletes wellbeing and safety, in addition to enjoyment and participation is our paramount concern. We recommend levels of training and competition dependent on age and ability and expect our junior athletes to participate within these boundaries.

Our health and safety policy is to:

- Undertake regular, recorded risk assessment of all sporting activities organised by the club
- Create a safe environment by putting health & 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 & 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 at all times including qualified first aider whenever possible
- Report any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

- Ultimate responsibility for the discharge of this duty lies with the Chair of the club

As a club member you have a duty to:

- Take reasonable care for your own health & safety and that of others who may be affected by your actions.
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter
- Complete risk assessment prior to any activity
- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club
- Do not interfere with or misuse anything provided for your health, safety or welfare.

Club Health and Safety Officer:

To be completed

FIRST AID:

First aid kit and AED located in the refreshments cabin