



## 1485 Triathlon Club – Health & Safety Policy

### Policy Statement

The 1485 Triathlon Club is committed to the principle of health & safety and aims to ensure that all present and potential participants, members, coaches, competitors, officials, volunteers, spectators can participate safely within sport.

The Club will, as far as possible, aim to protect the health & safety of all Members engaged in Club training and participating in Club events.

The 1485 Triathlon Club Health & Safety Policy applies to and is mandatory for everyone involved in the Club. Failure to comply with this policy will be addressed without delay in line with the Club's disciplinary procedures and may ultimately result in dismissal or exclusion from the Club.

### Guiding Principles

The scope of this policy extends to Club training sessions and Club organised activities (both sporting and non-sporting) only. It does not extend to sporting or social activities which take place before or after any activities or events organised by the Club. The policy also does not apply to Club Members when taking part in or attending a race or other event not organised by the Club. Club Members shall abide by any policy, rule or requirement set down by the organisers of that race or event.

In order to achieve its aim, the Club will:

- Endeavour to provide helpful guidance to Members verbally and make the Health and Safety Guidelines available on the Club website.
- Ensure that Club coaches have appropriate training to lead Club training sessions, and provide details of the Club coaches on the Club website.
- Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment.

## Health & Safety Guidelines

All Members agree to abide by the below health and safety guidelines:

- Members should familiarise themselves with this Health and Safety Policy. As Members, there is a responsibility to do your best to prevent harm to yourselves, other participants or members of the public. Members should acknowledge that they owe a duty of care to not wilfully injure themselves or others through negligent acts or omissions.
- The Club relies on its Members to report any problems encountered whilst participating in Club organised activities. For example, dangerous road conditions, damaged pavements, potholes, poor visibility etc.
- All Club Members must take personal responsibility for their own safety, whilst keeping a watchful eye on others participating within the same group. Consideration should be given to others, and common sense applied. Members should be aware of the advice available through Club resources on issues including diet, dehydration and the treatment of injuries due to participation in sport. Advice should be sought from experts and professional practitioners outside the Club as appropriate.
- All Members of the Club declare themselves medically fit to participate in sporting activities at their own risk and shall not hold the Club responsible for any incident occurring due to a personal medical condition or injury. As appropriate, Members should request regular check-ups with their GP. Members with any serious medical conditions agree where appropriate to carry with them the relevant details of the conditions and their name, address and emergency contact's phone number. Voluntary disclosure of medical conditions shall be the responsibility of the individual Member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.
- Members should understand the value of wearing appropriate clothing for the time of year and variations in terrain. Members should take responsibility for ensuring they are highly visible by wearing bright, fluorescent or reflective clothing, particularly in activities undertaken in darkness or poor light conditions.
- During Club organised activities, Members should endeavour to stay together as much as possible. Members should make themselves aware of the proposed route before setting off. All Members are responsible for ensuring that no single individual gets left behind.

Whenever mixed ability groups occur, regrouping should take place at appropriate times along the route to ensure that no single individual gets left behind. If anyone decides to leave the group during an activity, they must inform at least one other participant in that group.

- Routes shall be planned to avoid dangerous conditions where possible. For running activities, runners shall run to the right to face any oncoming traffic. For open water swimming, swimmers shall swim in groups of at least two.
- Members shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the Club.
- All sports events organised by the Club shall be kept under review and if necessary allocated Members shall undertake and record risk assessments and Event Health & Safety Plans. All events shall be staged in accordance with the rules and guidelines set out by the relevant official sports body and their insurers. E.g., British Triathlon Federation, England Athletics.
- In the event of an incident, Members should first check if anyone is injured and locate an emergency first aider. It is advisable for at least one Member to stay with the injured person, who should not be moved unless their location is immediately life threatening. If appropriate, emergency services should be contacted using 112 from a mobile phone as it will record your location; alternatively use 999. Finally, a member of the Club Committee should be informed as soon as is practically possible in order that relatives can be informed, and incident records made.
- Any incidents should be reported to a Club Committee member for future reference, and for making known to all Club Members where appropriate. Actual incidents involving any Member, or third party shall be formally recorded with a Committee member in accordance with official sports body guidelines.

### Version Control

The 1485 Triathlon Club Health & Safety Policy will be kept under periodic review but not less than once every three years or sooner if there are changes to legislation and good practice.

<b>Policy Name:</b>	<b>1485 Triathlon Club Health &amp; Safety Policy</b>
<b>Version:</b>	1.0

<b>Date Last Reviewed:</b>	12 January 2024
<b>Editor:</b>	Pete Winchester
<b>Approved By:</b>	1485 Triathlon Club Committee
<b>Date approved</b>	12 January 2024