

Health and Safety Policy – Integrate Paddling

HEALTH AND SAFETY POLICY STATEMENT:

“*Integrate Paddling* is strongly committed to encouraging our members to take part, but the health, wellbeing and safety of each individual is always our paramount concern. We recommend the level/nature of training and activities to be dependent on age and ability, and expect our members 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 the club premises 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 engage in activities/competition commensurate with the individual’s ability depending on age, maturity and development.
- 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 in the role of Club Safety Officer.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and a qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises and keep a record of all such incidents.
- 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.
- Cooperate with the club on health and safety issues, respect club rules and policies.
- Correctly use all equipment provided by the club.
- Not interfere with, or misuse, anything provided for your health, safety or welfare.

CLUB HEALTH AND SAFETY OFFICER: *To be confirmed by Committee at 2024 AGM*

FIRST AID: Location of first aid facilities: First Aid kit held in club shed (Stonehaven), kits also carried by Sea Kayak Leaders

Location of telephones: Mobile phones carried by Sea Kayak Leaders

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QUALIFIED FIRST AIDERS (Sea Kayak Leaders):

- 1. Andrew Thorburn**
- 2. Rick Baillie**