



## **BLACKHEATH AND BROMLEY HARRIERS HEALTH & SAFETY POLICY**

Blackheath and Bromley Harriers AC ('The Club') is committed to ensuring that all members take part in activities that are safe and well managed. Our athletes well-being 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." These levels of participation should be supported by all club officers working with parents and carers.

### **1. The Policy:**

To support and promote Health and Safety at the Club we are committed to the following duties:

- 1.1 Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.  
(see examples of Risk Assessment Forms)
- 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 and competition by regularly assessing individual ability dependant on age, maturity and development.
- 1.4 Ensure that all members are aware of, understand and follow the club's health and safety policy. (see posted notice at clubhouse and H&S notice at Track).
- 1.5 Appoint a competent club member to assist with health and safety responsibilities. (This activity will additionally be overseen by the Head of Active and/or the Head of Development).
- 1.6 Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- 1.7 Provide access to adequate first aid facilities, and a qualified first aider at all times.
- 1.8 Report any injuries or accidents sustained during any club activity or whilst on the club premises. (Please refer to incident report form).
- 1.9 Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness. (Health and Safety officer working in conjunction with one of the two Committee Chairs named above).

## **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. (see codes of conduct)
- 2.2 Co-operate with the Club on health and safety issues.
- 2.3 Report any and all incidences that you observe (see incident report form).
- 2.4 Correctly use all equipment provided by the club.
- 2.5 Not interfere with or misuse anything provided for your health, safety or welfare.

## **3. CLUB HEALTH AND SAFETY OFFICER:**

**Karen Desborough**, VP, Under 13/Under 15 Girls Team Manager  
Email - [kdesborough259@btinternet.com](mailto:kdesborough259@btinternet.com)

## **4. QUALIFIED FIRST AIDERS:**

**(1).** Karen Desborough, VP, Under 13/Under 15 Girls Team Manager  
Email - [kdesborough259@btinternet.com](mailto:kdesborough259@btinternet.com)

**(2).** All Staff at Norman Park Athletics Track (Location of the Blackheath & Bromley Harriers primary training facility). The track also has in place a Health & Safety Policy and the associated insurance required.

**(3).** Nichola Byfield, Former Team Manager, Under 15 Boys, Parent

## **5. LOCATION OF FIRST AID FACILITIES:**

Sydney Wooderson Centre, Blackheath & Bromley Club House, Hayes, Kent.

Norman Park Track, Track Office.