



# Health and Safety Policy

## Safety

- The Club will endeavour to provide a safe and healthy environment in which to pursue the sport of canoeing and associated activities.
- Guidelines as recommended by the National Governing Body, British Canoeing, will be followed.
- Accidents and Incidents/Near Misses will be reported to the Committee and a British Canoeing form completed.
- A First Aid box is available in the Boat Store, together with an accident book. These are located inside the right-hand doors of the Boat Store.
- All British Canoeing qualified coaches are holders of current First Aid Certificates.
- A Fire extinguisher will be provided and prominently displayed in the Boat Store.
- The Club has a Code of Conduct which encourages sound and safe practice in the Club's activities. This, like all our policies, is available on the club website.
- Equipment Status, Damage and Maintenance will be recorded in the Equipment Book located in the Boat store.
- Reports in the Equipment Book will be inspected by the designated member(s) and brought to the attention of the Committee at the first available meeting.
- Coaching & Tuition of beginner groups will be under the instruction of suitably qualified instructors as deemed by the Committee.

## Risk Assessment

- There will be a formal risk assessment of all club activities, which will be reviewed at least annually. Bespoke activities, for example races, will have a separate risk assessment created and agreed.
- The findings of each assessment will be recorded. The Committee will make events and activities as safe as is reasonably practicable, whilst dynamic risk assessments will be undertaken as situations arise.

## General Safety Rules

- All members are encouraged to wear footwear when paddling.
- Buoyancy Aids should be worn by all paddlers. The only exception is during daylight hours when members engaged in flat water race training may dispense with buoyancy aids at the discretion of the coach in charge of the session. This is unlikely to be granted to Juniors racing in Division 7 or lower, to reduce the risk level for children or inexperienced paddlers.
- Use of the changing rooms is covered by the changing room policy and rules.
- When paddling at night members will have a rear facing red light showing at all times.
- A notice regarding the risk of Weils Disease will be posted in the Boat House. Members will be reminded of the need to wash or shower after paddling. Showers and toilets are located in the BCA centre and the access code will be posted inside the Boat Store.
- Unaccompanied Juniors are not allowed inside the Boat store.
- Members are advised to use safe lifting methods when moving boats. They will be given basic training on how to carry boats as part of their beginners course.