



Solihull & Small Heath Athletic Club

Health & Safety Policy

Solihull and Small Heath Athletic Club (SSHAC) is committed to ensuring that all members take part in activities that are safe and well managed. Our athletes and volunteers health, well-being and safety are of paramount concern.

We recommend levels of training dependent on age and ability and expect our athletes to participate within these boundaries.

Health and Safety Policy

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

- Undertake regular, recorded risk assessment of the club premises and all activities organised by the club
- Inspect sports equipment before use and take appropriate actions to make it safe if necessary
- Report any incidents or accidents sustained during any club activity. Investigate and learn from incidents & accidents and share details with other organisations as appropriate (e.g. UKA, Tudor Grange Leisure Centre).
- Create a safe environment by putting health & safety measures in place as identified by the risk assessments and any incident / accident investigations
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability
- 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
- Appoint a competent club member to assist with health and safety responsibilities
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- Ensure that all members are aware of, understand and follow the club's health & safety policy

As club members and volunteers 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 when deciding what training and events to take part in
- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club
- Not interfere with or misuse anything provided for your health, safety or welfare
- Report all health and safety concerns, incident or accidents to an appropriate official.

Who to contact

Please contact any member of the committee (see website for details) with concerns or comments.

Policy last updated: Sept 2024 v2

Next review: 2025