

Cardiff Canoe Club

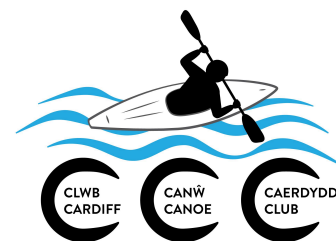
Health & Safety Policy

1. Health and Safety Policy Statement

- 1.1. “Cardiff Canoe Club (CCC) is strongly committed to encouraging our members to take part in paddlesport, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training and activity appropriate to each member’s age and ability, and we expect our members to participate within these boundaries.”

2. Health and Safety Policy:

- 2.1. To support our Health and Safety policy statement we are committed to the following duties:
 - 2.1.1. Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
 - 2.1.2. Create a safe environment by putting health and safety measures in place as identified by the assessment.
 - 2.1.3. Ensure that all members are given the appropriate level of activity, training or competition by regularly assessing individual ability and taking into account age, maturity and development.
 - 2.1.4. Ensure that all activities are led by an appropriately qualified/experienced paddler approved by the club committee, who is responsible for ensuring that the participants of a given activity have sufficient paddling ability to take part safely and that the activity is relevant to their ambitions.
 - 2.1.5. Ensure that all members are aware of, understand and follow the club’s health and safety policy.
 - 2.1.6. Appoint a competent club member to lead on health and safety responsibilities.
 - 2.1.7. Ensure that standard and emergency operating procedures are in place and known by all members.
 - 2.1.8. Carry out regular checks of all club equipment.



- 2.1.9. Provide access to adequate first aid facilities, telephone and a qualified first aider at all times.
- 2.1.10. Report any injuries or accidents sustained during any club activity.
- 2.1.11. Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

3. As a Club Member You Have Duty To:

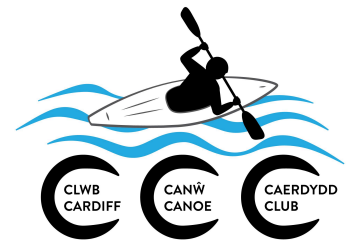
- 3.1. Take reasonable care for your own health and safety and that of others who may be affected by what you do or do not do.
- 3.2. Cooperate with the club on health and safety issues.
- 3.3. Correctly use all equipment provided by the club.
- 3.4. Not interfere with or misuse anything provided for your health, safety or welfare.
- 3.5. Cooperate with the club leaders and follow instructions regarding club activities and health and safety issues

4. Club Health and Safety Officer:

Name	Contact
Steve Wilford	stevewilford@hotmail.com

5. First Aid:

- 5.1. Club Weekly Pool Sessions – (Cardiff International Pool)
 - 5.1.1. In the event of an emergency, first aid will be provided by a Cardiff International Pool duty first-aider. A first-aider can be summoned by contacting any lifeguard or attending reception. In the event of a serious injury, medical episode or potential drowning, emergency assistance can be summoned by sounding the drowning alarm. Defib is available at reception. Full details are available in the Risk assessment
- 5.2. Club Weekly Outdoor Sessions – (Cosmeston Lakes Country Park or River Taff) In the event of an emergency, first aid will be provided by a qualified club member where possible. A First Aid Kit will be located:
 - 5.2.1. In the Club trailer, and/or
 - 5.2.2. With an Activity Leader, and/or
 - 5.2.3. At the Cosmeston Café



5.2.3.1. A defib is located at the café building. Full details are available in the risk assessment

5.3. Club Trips – (Various locations)

5.3.1. In the event of an emergency, first aid will be provided by a qualified club member wherever possible. The Trip Leader will ensure a suitable first-aid kit is carried and available. Full details are available in the risk assessment

6. Qualified First Aiders:

6.1. A full list of qualified first-aiders will be available to all committee members and activity leaders.

Approved by Committee
on 06th December 2024

Chair: Hugo Keene

Signed: *Hugo Keene*