



Sport for all

Health and Safety Policy

The Forest of Dean Athletic Club will:

1. Operate within the guidelines of the Athletics Welfare Policy and Procedure document (incorporating Child Protection), as prepared by UK Athletics and Scottish Athletics Limited. Published January 2005.
2. Liaise appropriately with other key persons, including parents / carers, officials, coaches and sport scientists, to Ensure that good practice is followed
3. Carry out their duty of care within relevant legislation and government guidance as well as recommendation and guidelines from UK Athletics
4. Ensure that all coaches have appropriate Health & Safety awareness training
5. Appoint a designated Health & Safety Officer, who is provided with appropriate training and periodic updating, to act as the first point of contact in cases of concern about Health & Safety and first aid and make their contact details known to organisations
6. Ensure that club officers and volunteers always act responsibly and set an example to younger members
7. Ensure that there is a leader present at every coaching session, who holds an up-to-date first aid qualification
8. Ensure that there is an appropriate and replenished first aid kit at each training session,
9. Ensure that the emergency contact details for each athlete are available at each training session
10. Ensure that a register of athlete's allergies or medical conditions is available at each training session
11. Ensure that at each training session that the lead coaches hold appropriate training qualifications, i.e. at least Level 2, Group Event Specific
12. Ensure that there are sufficient coaches for each session
13. Ensure that each training session is planned, including checking facilities and equipment.
14. Ensure that each training session is appropriate for the age and ability of the athletes
15. Ensure that the facility that the sessions are held in has passed fire and Health & Safety regulations and has a current Track Certificate.
16. Appoint a designated Equipment Officer, who duty is to check the condition of equipment, to Ensure that it is kept in good repair and to keep a register of the equipment and its maintenance
17. Keep up to date a database of coach qualifications, including UK Athletics coaching level, Disclosure Scotland and First Aid.
18. Complete an Incident / Accident report form in the event of a notifiable incident

I hereby confirm that the Health and Safety Policy will be upheld and adhered to by all committee members, trustees and members.

Signed on behalf of the Trustees of the Forest of Dean Athletic Club:

Name: (capitals): _____

Role within Trustees: _____

Signed: _____ Date: _____

Club Welfare Officer: _____ (Name in Capitals)

Signed: _____

Date: _____

References:

Athletics Welfare Policy & Procedures document:-

- Athletics Welfare Policy (incorporating Child Protection). As prepared by UK Athletics and Scottish Athletics Limited. Published January 2005.
- Athletics Welfare Procedures (incorporating Child Protection). As prepared by UK Athletics and Scottish Athletics Limited. Published January 2005.