



## **HIGHGATE HARRIERS HEALTH AND SAFETY POLICY**

Highgate Harriers (the Club) is committed to ensuring that our members take part in activities that are safe and well managed. In addition to enjoyment in participation, the safety and health of our athletes, officials and volunteers 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.

### **HEALTH AND SAFETY POLICY:**

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

1. The Club Committee is collectively responsible for ensuring a Health and Safety policy is in place and is implemented, reviewed regularly, and monitored for effectiveness. The Committee to appoint a competent Club member to assist with health and safety responsibilities.
2. Undertake regular, recorded risk assessment of all activities undertaken by the Club including, but not limited to, training sessions and events hosted by the Club at Parliament Hill. Create a safe environment by putting health and safety measures in place as identified by such assessments.
3. The Parliament Hill Athletics Track facilities and equipment are managed and maintained by the City of London in accordance with their Health and Safety policy and risk assessments. Connect regularly with City of London staff, pro-actively bringing attention to maintenance requirements and other safety issues.
4. Training sessions led or attended by England Athletics licensed coaches.
5. Events hosted by the Club appropriately licensed by UK Athletics/England Athletics and adhere to relevant approved codes of practice, such as the long throws protocol.
6. Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
7. Ensure that all members are aware of, understand and follow the Club's health and safety policy.
8. Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
9. Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
10. Report any injuries or accidents sustained during any club activity. (Please refer to the incident report form)

### **AS A CLUB MEMBER YOU HAVE A DUTY TO:**



1. Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
2. Co-operate with the Club on health and safety issues.
3. Report and all safety accidents or incidences that you observe (Please use the incident report form and submit to the Club Health and Safety Officer)
4. Correctly use all equipment provided by the club.
5. Not interfere with or misuse anything provided for your health, safety or welfare.

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

To be appointed. Until appointment is made, please address to [officials.coordinators@highgateharriers.org.uk](mailto:officials.coordinators@highgateharriers.org.uk)

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

- First aid kits are located in the track staff office and in the track café.
- Defibrillators located the track staff office and at the Lido 400m away
- Royal Free Hospital accident and emergency department is <1km away and the track can be accessed by ambulance

#### **QUALIFIED FIRST AIDERS:**

- Track staff are first aid trained and a minimum of two are in attendance for Athletics events.
- Our licensed coaches have England Athletics Basic First Aid Certificate, and several have enhanced first aid training
- Third party qualified first aider(s) in attendance as appropriate for events hosted by the Club