

LOTHIAN SEA KAYAK CLUB

HEALTH AND SAFETY HEALTH AND SAFETY POLICY STATEMENT:

Lothian Sea Kayak Club is committed to encouraging our members to take part in sea kayaking and activities related to it but the health, well-being and safety of each individual is always our paramount concern.

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of club activities.
- Create a safe environment by putting health and safety measures in place as identified by these assessments.
- Encourage all members to access training from appropriately qualified coaches and leaders.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a club member to the committee to assist with health and safety responsibilities.
- Ensure that appropriate operating procedures are in place and are available to all members.
- Provide access to adequate first aid facilities and a qualified first aider whenever possible.
- Report any injuries or accidents sustained during any club activity to the safety co-ordinator.
- Ensure that the implementation of the policy is reviewed and monitored for effectiveness.

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health, safety, and that of others who may be affected by what you do or don't do.
- Co-operate with the club on health and safety issues and recommended levels of training and coaching.
- Correctly use and report any faults of equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

March 2024