



## Health & Safety Policy

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Skye Sailing Club is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern.

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

### Our Health and Safety Policy

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

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club
- Create a safe environment by putting health & safety measures in place as identified by the assessment
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development
- Ensure that all members are aware of, understand and follow the club's health & safety policy
- Appoint a competent club member to assist with health and safety responsibilities
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times
- Report any injuries or accidents sustained during any club activity or whilst on the club premises
- Ensure that the implementation of the policy is reviewed regularly 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 not do
- 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

### First Aid:

First-Aid Kits are located within the Boatshed and the Safety Boats

Emergency Telephone: **999**

Club First-Aiders

Most Volunteers and all instructors hold a valid first aid qualification.