Rhedwyr Hebog Health and Safety Policy:

Health and Safety Policy Statement:

Rhedwyr Hebog 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 and ability.

Health and Safety Policy:

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

•Undertake regular, recorded risk assessment of all activities undertaken by the club.

•Create a safe environment by putting health and 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 dependent on age, maturity and development.

•Ensure that all members are aware of, understand and follow the club's health and 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 whenever possible.

•Report any injuries or accidents sustained during any club activity.

•Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

As a Club member, all members have a duty to:

•Take reasonable care for own health and safety and that of others who may be affected by what they do or not do.

•Cooperate with the club on health and safety issues.

•Correctly use all equipment provided by the club.

•Not interfere with or misuse anything provided for health, safety or welfare.