

Haslemere Community Rugby Club



HEALTH AND SAFETY POLICY

HEALTH & SAFETY POLICY STATEMENT

Haslemere Community Rugby Club is committed to encouraging our members to train hard and compete, but the health, well-being and safety of each individual is always our paramount concern.

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 using the incident report form
- 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.

CLUB HEALTH & SAFETY OFFICER: Ian Searle

Haslemere Community Rugby Club



FIRST AID

First Aid Officer: Samantha Goodwin

- The Club will ensure that trained volunteers are available on training days/evening and match/festival days
- All Head/Lead coaches and all coaches MUST know the whereabouts of the First Aider and First Aid facilities
- Emergency First Aid must only be given by a qualified First Aider

Guidelines for First Aid Bag

- Guidance card x1
- Bandage scissors x1
- Asst Plasters x40
- Sterile eye pads (no. 16) x2
- Med sterile wound dressings (no. 8) x6
- Large sterile wound dressings (no. 9) x2
- Short life triangular bandages x4
- Disposable gloves x5
- Antiseptic wipes x10
- Emergency foil blanket x1
- Disposable resuscitation aid x1
- Bottle of eyewash x1
- Zinc oxide tape 2.5cm x2
- Yellow contaminated waste bags x2
- Wound pads x1
- Freeze spray x1
- Disposable Ice Packs x6
- Large Bag of Cotton Wool

Location of first aid facilities: Clubhouse medical room and with Age Group First Aiders

Report Form – can be downloaded from website

Location of telephone: Clubhouse beside the Bar