



HENLEY ROWING CLUB

HEALTH AND SAFETY POLICY STATEMENT:

Henley Rowing Club is committed to encouraging our members to participate in rowing, 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, and expect our junior athletes to participate within these boundaries.

The Club Officers/Committee appoints a Club Rowing Safety Adviser to lead and advise on promoting safe practice. The Committee supports the Club Rowing Safety Adviser and takes their advice into account. Safety is a regular agenda item at coaches meetings and included in Committee meetings.

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 the club premises and 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 dependant 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 (Club Safety Adviser).
- 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 and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and 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 boxes are provided in the club room, boat house and gym. A defibrillator is located in the downstairs gym.

A list of members with first aid training is given on the club notice board.

A mobile phone should be used to contact emergency services if possible. Coaches carry mobile phones. Adult members are advised to carry a mobile phone in their boat. A telephone for emergency use is located in the, kitchen.

DOCUMENT REVISIONS

First issue: September 2019. Revised June 2020 to remove named Water Safety Adviser. Reviewed and updated July 2024.