



HEALTH AND SAFETY POLICY STATEMENT:

“Sittingbourne Striders is strongly committed to encouraging our junior members to take part, but the health, well-being and safety of everyone 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.”

HEALTH AND SAFETY POLICY:

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

- Undertake regular, recorded risk assessments of premises the club uses, and all activities undertaken.
- Create a safe environment by putting health and safety measures in place as identified by the risk assessments.
- Ensure that all members have completed a membership form with relevant medical information and emergency contact details.
- 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 all junior training sessions are delivered by an appropriately qualified coach in accordance with British Triathlon.
- Ensure that all members are aware of, understand and follow the club’s health and safety policy.
- 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 and that these are appropriately recorded on an incident form.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

- **AS A JUNIOR 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.