



Leicester Rowing Club

Health & Safety Policy

Leicester Rowing Club believes that nothing is more important than the health, safety and welfare of our members, volunteers, affiliates and the people affected by our activities.

As a Club we are committed to providing a safe environment for our members, affiliates and volunteers. We are also committed to ensuring safety and fairness at our annual regatta. We expect all our members, affiliates and volunteers (including parents/guardians of our juniors) to abide by the Club constitution and byelaws and to take responsibility for their own health and safety. All members, affiliates and volunteers are reminded that they also have a duty of care for the safety of all others who may be affected by their acts or omissions. Affiliated clubs and organisations using our facilities are reminded that they are expected to implement their own health and safety policies and procedures, and undertake their own risk assessments.

Leicester Rowing is committed to continual improvement in all matters related to health and safety, and everyone is encouraged to suggest ideas that will improve our health and safety implementation.

We recommend levels of training dependent on age and ability, as defined in British Rowing's guidance, 'How Much and How Often' and expect our juniors and their coaches to ensure that this guidance is followed.

In practice we support our policy by complying with Row Safe, British Rowing's Guide to Good Practice in Rowing and in particular by committing to:

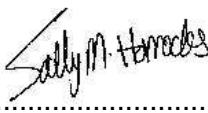
- Undertake regular, recorded risk assessments of the club premises and activities.
- Create a safe environment by putting health and safety measures in place as identified by these risk assessments.
- Undertake an annual safety audit and submit this to the British Rowing Regional Rowing Safety Adviser in accordance with British Rowing's requirements.
- Ensure that all members are given the appropriate levels of information, coaching and training to ensure their safety both on land and on the water.
- Ensure that all members, affiliates and volunteers are aware of, understand and follow the club's health and safety policy, constitution and bye-laws.
- Appoint a competent club member as Club Safety Advisor.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities.
- Report all safety incidents and near misses to British Rowing by using the online incident reporting system and to the Club Safety Advisor.
- Identify, share and implement lesson learned and good practice, including with our affiliated University clubs.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness at least annually.

As a Club member, affiliate or volunteer, you have a duty to:

- Take reasonable care for your own health and safety and that of others who may be affected by your acts or omissions.
- 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.
- Report all incidents and near misses, challenge unsafe behaviour and conditions and share best practice.

The Club Safety Advisor is Sally Horrocks.

Liz Pulford.....
President
Leicester Rowing Club

Sally Horrocks.....
Leicester Rowing Club Safety Advisor