**LIVERPOOL PEMBROKE & sEFTON h&AC**

**HEALTH AND SAFETY POLICY STATEMENT**

Liverpool Pembroke & Sefton H&AC (hereafter referred to as LP&S) is strongly committed to ensuring the health, safety and welfare of our Members, and anyone involved in the club or affected by our activities. The health, well-being and safety of each individual is always our paramount concern.

LP&S encourage levels of training and competition dependent on age and ability and expect our athletes to participate within these boundaries.

Please note that this policy should be read in conjunction with the UKA Adult Safeguarding and Child Safeguarding Policies available on our club website.

**Health and Safety Objectives**

In order to ensure the effective implementation of this policy, LP&S will:

* Undertake regular, recorded risk assessment of all sporting activities organised by the club
* Create a safe environment by putting health & safety measures in place as identified by the assessment
* Ensure that all members are provided with the appropriate level of training and competition by regularly assessing individual ability
* Ensure that all members are aware of, understand and follow the club’s health & safety policy
* Ensure that all coaches and officials undertake Health and Safety education as mandated by England Athletics
* Ensure that safe operating procedures and emergency operating procedures are in place and communicated to all members
* Provide access to adequate first aid facilities at all times including qualified first aiders whenever possible
* Alongside our facility providers ensure that the implementation of the health and safety policy is reviewed regularly and monitored for effectiveness.

**Members’ Health and Safety Obligations**

* Take reasonable care for your own health & safety and that of others who may be affected by your activities
* Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions and events to participate in
* Co-operate with the club on health & safety issues
* Correctly use all equipment provided by the club
* Do not interfere with or misuse anything provided for your health, safety or welfare.
* Report any injuries or accidents sustained during any club activity
* Follow the instructions of our qualified coaching staff

Following an incident involving a member of the club, Liverpool Pembroke & Sefton Harriers does not endorse or promote the use of any specific third party services or facilities (except for the track at Edge Hill University). It is, therefore, the responsibility of the individual to assess the safety and suitability of such; and the club strongly recommends that individuals always conduct a thorough assessment of the suitability of any third party facilities before use.

Anyone looking for advice on assessment should speak to their coach or any member of the committee.