



Farnham Rugby Club

HEALTH AND SAFETY POLICY

HEALTH & SAFETY POLICY STATEMENT:

Farnham Rugby Club is strongly 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: Mark Weeks

FIRST AID

First Aid Officer: Catherine Male

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

Guidelines for First Aid Bag

Contents guide:

- ✓ 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 in kitchen and with Age Group or Kit Room

Report Form – can be downloaded from website

Location of telephones:

Clubhouse beside the Bar