



CU CANOE CLUB HEALTH AND SAFETY

HEALTH AND SAFETY POLICY STATEMENT:

“Cambridge University Canoe Club is strongly committed to encouraging our members to take part, 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 athletes to participate within these boundaries.”

The club is affiliated with British Canoeing.

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 depending on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club’s health and safety documentation¹.
- Appoint a competent club member to the role of Coaching and Safety Officer 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 where appropriate.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises to British Canoeing and or the University Sports Service where appropriate.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

PARTICIPATION STATEMENT

The activities undertaken by Cambridge University Canoe Club carry an element of risk, including the risk of injury and death. Participants must make their own decisions about participation in any activity and are empowered to ask questions if in doubt about the nature or risks inherent in any activity. All participants must make decisions to accept risk for themselves; leaders can only provide advice to facilitate a decision.

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Fill in a participation form when joining or on an introductory session form
- Abide by the Rules of the Cam¹
- Take reasonable care for your own health and safety and that of others who may be affected by what you do or do not do.
- Cooperate with the club on all health and safety issues
- Inform session leaders of any relevant medical information.
- Make your own decisions about participation in any activity.
- Ask questions if in doubt about the nature or risks inherent in any activity.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

CLUB COACHING AND SAFETY OFFICER:

Thom Haynes: coaching@cucanoe.co.uk

As Coaching and Safety Officer I accept the duties and responsibilities of the

role:



05/2022

FIRST AID: Location of first aid kit:
In the paddle shed on a hook on the right hand side

Location of telephones:
Nearest landlines are in the houses at the top of the track

QUALIFIED FIRST AIDERS:

Must make themselves known should any incident occur.

Those with first aid qualifications should be on the 'Advanced Paddlers and Coaches Record'

Date of Last Review: 05/2022

To be reviewed yearly by the Coaching and Safety Officer.

NOTES:

1. Safety Documentation and Rules of the Cam can be found on the website:
cucanoe.co.uk/club
2. Leadership roles and safety management positions are defined in the Safety Management Plan¹
3. Accident reporting and emergency procedure is further specified in the Safety Management Plan.¹