



HEALTH AND SAFETY POLICY STATEMENT

Walton AC is committed to encouraging its members to participate in training and competition, but the health, well-being and safety of each individual is the paramount concern.

We recommend levels of training dependent on age and ability and expect our athletes to participate within these boundaries.

Health and Safety Policy

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

- Undertake recorded risk assessment of sporting activities organised by the club.
- Create a safe environment by putting health & safety measures in place as identified by the risk assessment.
- Ensure that training prescription is based according to biological status, training age, motor skill competency, technical proficiency, existing strength levels, and psychosocial maturity.
- Ensure that all members are aware of and adhere to the club's health & safety policy.
- Ensure that members are aware of normal operating procedures and emergency operating procedures are in place and known by all members.
- Ensure members are aware that First aid facilities are provided by PfP staff located within the main stadium.
- Report any injuries or accidents sustained during any club activity.
- Ensure that the policy is reviewed periodically and monitored for effectiveness.

Members' Health and Safety Duties

- Take reasonable care for your own health & safety and that of others who may be affected by your actions.
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter.
- Co-operate with the club on all health & safety matters.
- Correctly use all facilities and equipment provided by the club.
- Do not interfere with or misuse anything provided for your health, safety, or welfare.