



Esher RFC Health & Safety Policy

HEALTH, SAFETY & RISK MANAGEMENT POLICY STATEMENT

Esher RFC has a duty to eliminate or minimise any actual or perceived risks to all its members. This 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 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 all members are given the appropriate level of training and competition by regularly assessing individual's 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 & safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known to all members.
- Provide 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.
- Ensure 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 and welfare.

This includes:

Playing and Training Areas

All means must be taken to ensure that all areas used for playing/training etc are safe and free from dangers and hazards, i.e. pot holes, sharp objects (stones glass), animal waste, uneven surfaces, puddles of water etc. This is a mandatory requirement as outlined in the Lead and Assistant Coaches' Responsibilities document.



Medical Facilities

Adequate medical/first aid facilities and first aid boxes/packs as recommended by the RFU must be provided. Free access to these facilities and the playing area must be available at all times. Qualified first aid/medical personnel must be available during training/playing of games. Access for Ambulances **MUST** be available at all times. Access to a telephone (land line and/or mobile) must be available at all times. All injuries, accidents, incidents must be recorded on the Accident Report Form and copies put into the club's Accident Folder.

Playing Equipment

All training/playing equipment is fit for purpose and does not constitute a danger to anyone using it, i.e. scrum machines are maintained and serviced regularly and hold a current safety certificate, tackle bags/contact pads & suits, post protectors are all in good condition and must be suited to a player's size and ability. Marker flag poles should flex on impact with no sharp edges, goal posts should be padded. All equipment must be checked prior to training sessions and matches.

Playing Development

The teaching/coaching or the playing development of players as well as the refereeing of the game of Rugby Football must be carried out under all RFU rules, regulations and directives. Careful consideration as to the age and ability of players must be taken when introducing or developing any contact skill or situation.

All coaches **MUST NOT ASK** or **ALLOW** any adult or youth to take part in or help in training, playing or fun sessions of any kind, organised by the club, who does not have the relevant qualification, training or the club's authorisation to do so.

Clubhouse and Storage Areas

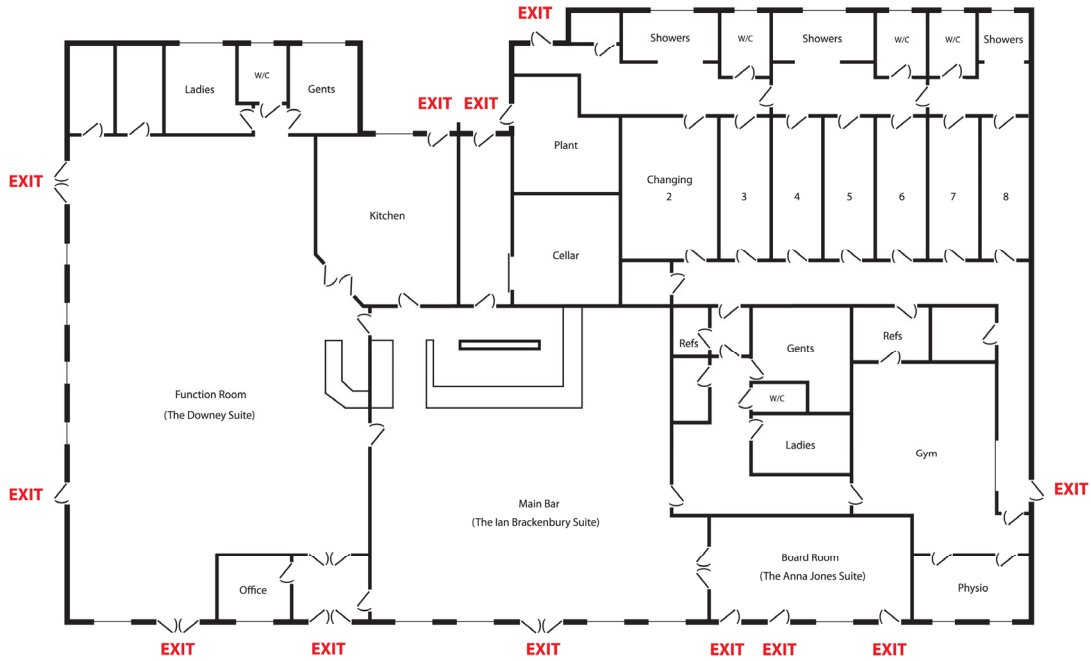
Any dangerous or hazardous areas identified, must be cordoned off and clearly signed and quickly rectified. Emergency exits clearly identified and kept free, storage areas securely secured, fire extinguishers clearly visible and signed.

Ground Equipment

All ground equipment and ground supplies (seed, fertilizers etc) are stored in a dedicated and secured area.



ESHER RUGBY CLUB Emergency Exits





Esher Rugby Club Fire Assembly Points

