



**Esher Rugby Football club**

**HEALTH AND SAFETY POLICY**

**HEALTH & SAFETY POLICY STATEMENT:**

- Esher 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: Tyrone Lawless**

**Completed: 1<sup>st</sup> July 2018**

**To be reviewed July 2019**



## Esher Rugby Club

### FIRST AID

- First Aid Officer: TBC
- 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:

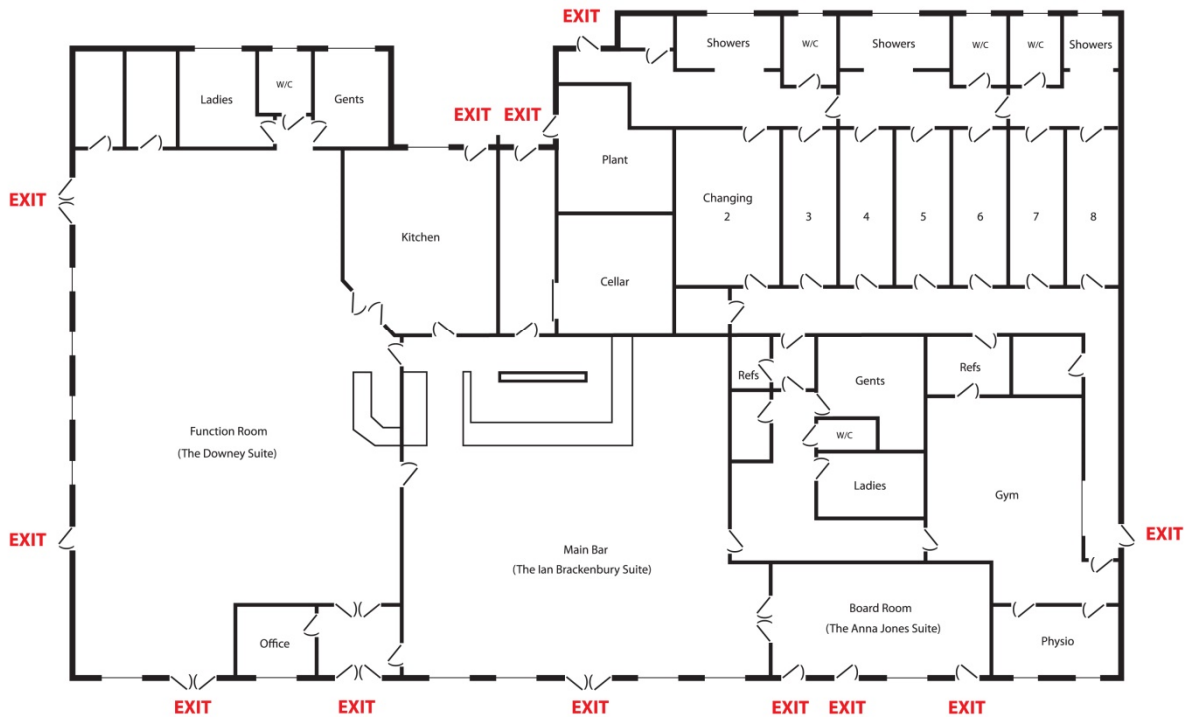
- Clubhouse in kitchen and with Age Group or Kit Room
- Report Form – Kept behind the bar.

### Location of telephones:

- Clubhouse beside the Bar
- Office



### ESHER RUGBY CLUB Emergency Exits





## Esher Rugby Club Fire Assembly Points

