



HEALTH & SAFETY POLICY (updated Dec 2024)

1. Introduction

Safety is of fundamental importance to the Club. We aim to take a systematic approach to safety management reviewing safety across all our activities on a regular basis. We seek to reduce risks by identifying hazards, putting in control and mitigation measures before events occur, by providing safety equipment and running training, We document our safety procedures, make people aware of hazards, record incidents and seek to learn from experience. Whilst we cannot reduce all risk, we will strive to identify and deal with safety to reduce risks to the lowest possible level.

2. Health and Safety Obligations.

The Club has the following health and safety obligations:

a) Under the Health and Safety at Work Act 1974 it has a duty to ensure, so far as is reasonably practicable, the health, and safety of all their employees and those who might be affected by their activities. Whilst the club does have any employees, it does employ sub-contractors for example, to clean the club house or run water sports courses. Employees include volunteers doing work for the club.

b) Under the Management of Health and Safety at Work Regulations 1999 employers have a duty to assess and manage risk by

- Carrying out risk assessments.
- Take action to reduce or eliminate risks.
- Appoint a 'competent person' to oversee health and safety.
- Provide information and training with regards to safety
- Have a health and safety policy in place.

c) Under civil law, the Club has a general duty of care to individuals. This is deemed to apply to members, people taking part in our water sports training, anyone going to clubhouse events, members' guest, visitors, anyone walking along the beach when boats are being launched and anybody who might be affected by or within the scope of the club's activities.

d) As we offer water sports to schools and youth groups, the Adventure Activities Licensing Regulations apply to a club. As a RYA Approved Training Centre and Affiliated Club, we need to meet their requirements. We also have to meet Paddle UK standards,

Whilst the Club has a responsibility to reduce risks and provide advice, individuals also have a responsibility for their own safety and safety of others.

3.Areas where the Sailing Club is responsible for Health and Safety.

- a) Boat Park
- b) Beach by Dinghy Park when boats are being launched
- c) Club water sports and training on the estuary at Arnside
- d) Club house
- e) Club nights and water sports training at Killington
- f) Club activities taking place elsewhere

4.Responsibilities for Health and Safety

a) Overall Responsibility

The Club's main trustee committee has overall responsibility for health and safety. Safety is a standard item on the agenda for committee member. This includes reviewing recent incidents. The Club appoints safety officers for different areas of the club activity.

b) Individual Areas of Activity

For sessions which involve an instructor, the Senior Instructor on the day will be responsible for the safety. For other sessions it will be a senior club member, group leader, officer of the day or safety boat crew. For trips to other locations, the group leader will be expected to risk assess the trip before the event, reading any guidance and visiting the site as necessary.

5. Reducing risks

a) Risk Assessments

We will reduce risks by carrying out risk assessments of all our activities. We will review our risk assessments on a yearly basis.

b) Control and Mitigating Measures

Based on the risk assessments we will implement controls and measures to mitigate risks. We have operating procedures for water sports at Arnside and Killington. For trips to other locations, we produce event plans.

c) Incident Reports

We record details of accidents, incidents and near misses identifying their causes to help prevent similar occurrences.

d) Following national best practise

We will seek to keep up to date with national best practise, for example guidance from the RYA and HSE and conclusions from incidents elsewhere.

e) Making people aware of hazards

We will make people aware of hazards including tides and provide advice on safety, encouraging them to only take part in activities and conditions within their capability. Our Health and Safety Policy is available on our website and when people join or rejoin the club.

f) Buoyancy aids, helmets and leashes

People taking part in water sports with the club are required to always wear buoyancy aids or life jackets. The club keeps a stock of buoyancy aids for use by members and for training. We provide helmets for use by children and for adults if they want to use them. Our paddle boards are equipped with ankle and waist leashes.

g) Safety equipment on boats

Safety boats and Severn our historic yacht carry safety equipment in accordance with RYA guidance.

h) Training

We offer training on safety issues and for volunteers wanting to lead sessions. We will provide advice and training in the use of different types of club craft, so that people can safely use them.

i) Equipment Inspection

Equipment such as club crafts, buoyancy aids, electrical wiring and fire safety equipment will be inspected on a regular basis according to the law and recommendations from national organisations.

j) First Aid

First aid kits are kept in the Clubhouse, Boat Park, safety boats and Severn our historic yacht. First aid kits will be carried on trips to other locations. At Killington there are first aid kits in their clubhouse and in our storage shed. We provide first aid training for safety boat crew, volunteers involved in running sessions or helping in the clubhouse, on a regular basis, so that qualifications are up to date. All instructors have first aid training as part of their qualifications. We aim to have a qualified first aider on site for all organised sessions.

l) Mobile phones and radios

None of our locations have landlines. Instructors, safety boat crew, group leaders and bar staff carry mobile phones enabling them to call emergency services if needed. At Arnside we use VHF radio and Killington walkie talkies to communicate on the water.

m) Safety Boat Cover

The Club will offer a programme of sailing at Arnside and Killington with safety boat cover for adults, beginners and children. Safety cover will be provided for dinghy cruises to other locations. At other times competent members are free to take part in water sports at their

own risk. For organised paddle activities there will be a competent person or instructor leading the activity.

n) Competent people leading sessions

For organised events there will be a competent person leading the session. For training we use qualified instructors.

o) Weather Conditions

The Club will monitor weather forecasts, cancelling sessions if necessary. It will keep members aware of likely weather conditions so that they can make an informed decision on whether to take part or not based on their ability. We restrict use of club craft in strong winds.

p) Reviewing our policy

We will review our policy on a yearly basis,

6. Conclusion

The Club aims to reduce risk by identifying hazards, taking action to reduce risk, learning from experience, providing safety equipment, following best practice, offering training and making people aware of risks.