

Cambridge University Orienteering Club

Health and Safety Policy

Cambridge University Orienteering Club (CUOC) 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.

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

- Undertake regular risk assessment of club activities.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members participate at 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 and Safety Policy, Risk Assessment and Code of Conduct.
- 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.
- Ensure that appropriate first provision is in place for events organised or attended by the club.
- Report any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Read and follow the clubs Health and Safety Policy, Risk Assessment and Code of Conduct.
- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and 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 AND SAFETY OFFICER DETAILS:

Helen Ockenden, ho283@cam.ac.uk (CUOC Safety and Welfare Officer 2018-19)

DETAILS OF FIRST AID PROVISION WITHIN THE CLUB:

- The club maintains a first aid kit which is brought to all club races and training sessions.
- There are several members who are qualified first aiders.