

Open Canoe Sailing Group Health and Safety Policy Statement

The Open Canoe Sailing Group (OCSG) is strongly committed to encouraging our members to take part in our activities, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect members to participate within these boundaries.

Health and Safety Policy

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

- undertake regular, recorded risk assessments of all activities undertaken by the Group;
- create a safe environment by putting health and safety measures in place as identified by each assessment;
- ensure that all members are made aware of their capabilities and limitations with regard to the risks associated with location, weather, age, maturity and development;
- ensure that all members are aware of, understand, and follow the Group's health and safety policy;
- appoint a competent Group 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 Group activity; and
- 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. In particular participants should:

- co-operate with the club on health and safety issues;
- record their planned activities before going onto the water; and
- follow the guidance provided by the Safety Officer.

Club Health and Safety Officer: Paul Lister

First Aid: Location of first aid facilities will be stated in the Risk Assessment for each Group event.

Communications: Participants will be encouraged to acquire and carry marine band VHF radios, take the necessary training and obtain a Short Range Certificate in addition to carrying a suitably protected mobile phone while on the water.

Qualified First Aiders: 1. Paul Lister

2. To be confirmed

