

DEAL TRI

Health & Safety Policy



Deal Tri will aim to ensure that where appropriate the following will apply at organised activities;

There are risk assessments conducted with NOP's and EAP's in place,

There are qualified coaches/volunteers appropriate for the ability and size of the group, at all sessions where formal coaching is taking place,

There is a visual check within a formal coaching area (within reason) for unsafe objects, (e.g. glass, faeces, sharp debris),

There is access to a telephone to call for emergency assistance, and (where appropriate) there is vehicular access for an ambulance or other emergency vehicles,

There is appropriate first aid equipment provided, and a nominated qualified first aider,

That accident/incident report forms are used as appropriate,

That coaches are aware of members existing injuries and changes in medical condition prior to participation, this is the responsibility of both the participant to inform the coach and the coach to ask participants as and when appropriate.

Club Members are asked to;

Ensure that in open water situations make yourself aware of all dangers relating to the chosen location and wear a bright swim hat.

Ensure they use a safe roadworthy bicycle,

Ensure they use lights when cycling in dark or poor light conditions,

Use an approved bicycle helmet in training and competition,

Inform the 'Membership & Welfare Officer' of changes in your health status