

## **Manchester Cycling Academy**

### **HEALTH AND SAFETY POLICY**

Manchester Cycling Academy 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. We recommend levels of training dependent on age and ability and expect our junior athletes 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 assessment of the club premises and all activities undertaken by us (see British Cycling Risk Assessment for Club Activities)
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Treat all individuals in such a way that they are without fear of discrimination, harassment or victimisation – (see ABC Sports Learning Limited Equal Opportunities Policy point 5)
- Ensure that all staff, volunteers and riders are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all staff, volunteers and riders are aware of, understand and follow the health and safety policy.
- Appoint a competent staff member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all staff, volunteers and riders. (See MCA Base Contact and Late Back Procedure, MCA Manual Handling - Good Handling Technique Guidance and Safeguarding Policy)
- 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 organisation's premises. (See British Cycling Incident Report Form)
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### **AS A MEMBER YOU HAVE A DUTY TO:**

- 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 us on health and safety issues.
- Correctly use all equipment provided by us.
- Not interfere with or misuse anything provided for your health, safety or welfare.

**CLUB HEALTH AND SAFETY OFFICER:**

Stefan Hopewell

**QUALIFIED FIRST AIDERS:**

- 1, Stefan Hopewell
2. David Heald
3. Danielle Riley