



Brixham Junior Sailing Club

Health & Safety Policy

Reviewed By: BJSC Directors/Trustees/Committee
Reviewed: February 2021
Next Review Date: February 2022



Brixham Junior Sailing Club

Health & Safety Policy

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1. Statement of Intent

The Committee will strive to achieve the highest standards of health, safety, and welfare consistent with their responsibilities under the *Health and Safety at Work Act 1974* and other statutory and common law duties.

The Committee accepts that it has a responsibility to take all reasonably practicable steps to secure the health and safety of participating members, instructors and volunteers and others using the club facilities and participating in the club activities.

2. The Duties of all Members and Volunteers

Under the Health and Safety at Work Act 1974 all members have a general health and safety responsibilities. All members are obliged to take care of their own health and safety whilst at the club along with that of others who may be affected by their actions. This also applies to volunteers who are under the control of the club.

All members and volunteers have a responsibility to:

- Take reasonable care for the health and safety of themselves and others within the club.
- Always comply with the club's health and safety arrangements.
- Report all accidents and incidents to the Club Principal/Committee.
- Not intentionally interfere with or misuse any equipment or fittings provided in the interests of health and safety and welfare.
- Report all defects in the condition of premises or equipment and any health and safety concerns immediately to the Club Principal/Committee.
- Ensure that they only use equipment that they are competent / have been trained to use.
- Make use of all necessary control measures and personal protective equipment provided for safety and health reasons.

3. Registration

- All juniors and volunteers to report to the registration hut to be signed in and given a wrist band.
- All members going out on the water to receive a second band.
- When off the water one wrist band to be returned to registration hut.
- All members when leaving the club must return their last band and sign out.
- All members under the age of 11 years old are required to be collected by an adult from the registration hut.

4. Accidents

- First Aid kits are in the Registration Hut and on each support boat.
- All qualified RYA Instructors are trained first aiders.
- The Committee is responsible for ensuring that the first aid kits are checked and replenished as necessary.
- All accidents are to be logged in the accident book.
- The emergency services or coastguards should be contacted if in any doubt about an injury or incident.
- The Committee to review reported incidents regularly, if necessary, a change in the policy / procedure to be made.

5. Fire Drills

In the event of a fire in the compound

- Raise the alarm by shouting "Fire, Fire, Fire"
- Clear the area of any people (evacuation point, top of the slipway)
- Dial 999 and request the fire brigade as soon as possible.
- Only attempt to fight the fire if it is safe to do so.
- Only use appropriate extinguisher

In the event of a fire on board a vessel

- Raise the alarm.
- If possible clear the area
- Put out a Mayday Call on the VHF (See Emergency Action Plan Cards in each safety boat).
- Enter the water if necessary, to get away from the fire (once you know help is on the way).

6. Safety Boats

- All safety boat drivers must be 18 years of age or over.
- All safety boat drivers must have a PB2 certificates.
- All safety boat drivers are responsible for ensuring all safety equipment is on board before leaving the shore.
- All safety boat drivers are responsible for making all necessary safety checks of the boat before launching.
- A kill cord must always be used when the engine is on.

7. Sailing Safety

- There should be enough safety boats available to ensure that a safety boat can reach a capsized boat within 3 minutes.
- Each student should have their sailing assessed before being allowed to go out in a dingy alone.
- All members, instructors, volunteers are always to wear a buoyancy aid complying with the CE Newton standard. All juniors should be checked before launching.
- All participants must be suitably dressed for the activity they intend to take part in, long hair to be tied up.
- All boats to be checked they have been rigged correctly before launching.
- Instructors to have given clear instructions and information to members going onto the water.

8. Lifting and handling

Six Main Principles

- Do not bend or twist and strain the back when lifting.
- Make good use of muscles in arms, legs, and thighs.
- Ensure a firm grip.
- Maintain balance by keeping feet apart.
- Keep the back as straight as possible.
- Get assistance to move heavy objects. Move objects sideways, one small step at a time.