

HEALTH & SAFETY POLICY

It is the general policy of Eclipse Allstars Cheerleading (EAC) to provide adequate control of the health and safety risks arising from our activities:

- We will provide, maintain and oversee safe and healthy working conditions, equipment and systems of work for all members, coaches and staff.
- We will provide such information, training and supervision as is needed for this purpose.
- We will ensure that all coaches are competent to do their tasks and to give them adequate training.
- The welfare of young people is central to all our work.
- Our policies and procedures in relation to safeguarding are outlined in our Child Protection.
- This policy will be reviewed and revised as necessary.
- Responsibilities
- Day to day responsibility for ensuring this policy is put into practice at EAC is delegated to the Head Coach Lauren Hughes on any given evening.

All coaches have a duty to:

1. Co-operate with EAC on health and safety matters.
2. Take reasonable care of their own and others' health and safety.
3. Use and equipment correctly in accordance with training and instructions. Report all health and safety concerns to an appropriate person.

Risk assessment

Risk assessments of our venue will be carried out annually by the coaches. Responsibility for observing the decisions made in the risk assessment lies with all staff.

The Head Coach will check at quarterly intervals that the action/s have been taken and the risks have been removed/reduced.

First aid and accidents

The First Aid Box for EAC will be brought to the session by the Head Coach. The Head Coach is responsible for checking the contents every quarter.

There will be a designated First Aider on site at all time.

All accidents are to be recorded in the Accident Book. The book is located in the first aid box.

Behaviour management

Coaches will inform parents of any young person displaying abusive or violent

behavior and will be asked to leave the session.

Reasonable level of risk

We will take steps to avoid unnecessary risk and very high levels of risk. However, due to the sport some activities inherently involve some risk. Learning about risk management is a necessary part of young people's growth and development. We therefore aim to protect young people from unnecessary and high risk, and provide guidance and support to help young people manage some risk for themselves.