

Health & Safety Guidelines for Brighton Tri Club

Club Responsibility: As far as possible, the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

Scope: The scope of the Health and Safety guidelines extends to coached and led training sessions and organised Club events. To achieve its aim, the Club will:

- Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club website
- Ensure that Club coaches have appropriate training to lead Club training sessions
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment

Member Responsibility: Members should familiarise themselves with the Health and Safety Guidelines located on the Club website. As members, you have a responsibility to do your best to prevent harm to yourselves, your fellow Club members and members of the public. You should acknowledge that you owe a duty of care to not injure yourselves or others by your negligent acts or omissions.

The Guidelines:

All members agree to abide by the Club's Health & Safety Guidelines as follows:

General safety:

- All club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others in the same group, particularly new members. Consideration should be given to others at all times.
- Take responsibility for ensuring you are adequately hydrated/fuelled for your session.
- It is advisable to carry a mobile phone during sessions in case of incidents.
- All members should carry in case of emergency (ICE) contact details when attending club training.
- Do not use headphones during sessions unless first discussed with, and agreed by, the session coach.
- Arrive on time to sessions to ensure full briefing and warm up accordingly.
- Members should seek advice from experts and professional practitioners outside the Club regarding health and nutrition as needed.
- Listen to and follow instructions from the coach. They have planned the activity and considered your health and safety. If you have any comments or suggestions on the session, give them in feedback at the end of the session.

While participating in a community-led session:

- On led runs, rides or swims, members should take care to listen to the proposed route before setting off. Members should follow the planned route. The group lead should take a head count at the start and end of activities to ensure that everyone is accounted for. Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind. If anyone decides to leave the group mid-session, they must inform at least one other participant and preferably the leader.
- On led runs, rides or swims, the leader should highlight perceived risks before the activity begins; however Club members are responsible for their own health and safety. This includes following standard protocols for group riding, familiarising yourself with sea conditions for swimming and taking care crossing roads when running.
- Leaders are not responsible for first aid and it may be useful to carry your own kit when participating in led activities.

Medical conditions: All members of the club declare themselves medically fit to participate at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury. Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact details. Voluntary disclosure of medical conditions shall be the responsibility of the individual member.

Appropriate clothing and equipment: Members should understand the value of wearing appropriate clothing for the time of year, conditions and risk involved in the sport. This includes clothing that supports your visibility across the disciplines: lights, coloured swim hat, bright clothing; a helmet for cycling; and may include a wetsuit or tow float for swimming. The roadworthiness of bikes is the responsibility of the Club Member. Coaches will state when time trial bikes are permitted at a session and their decision must be respected by members.

First Aid: Members shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the club.

Club Events: All sports events organised by the club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and Event Health and Safety Plans.

Incidents: Our coaches and leaders take due care to ensure that hazards are highlighted and risks are minimised on club activities. However, sometimes accidents and incidents will happen during training sessions. Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, members should first check if anyone is injured and see if there is a first aider in the group. It is advisable for at least one member to stay with the injured person, who should not be moved unless their location is immediately life threatening. If necessary, emergency services should be contacted using 112 or 999.

Accidents and incidents reporting:



In the event of any accident or incident during a club activity, it is important that members advise the coach or leader of that session immediately. The coach or leader is responsible for completing and filing an incident form.