

# IPSWICH TRIATHLON CLUB ('ITC')

## Health and Safety policy

1. This policy is designed to ensure that there is a safe environment for all members of ITC
2. ITC will comply with all legislation relating to health and safety.
3. ITC has produced a risk assessment (which will be up dated from time time) and outlines the key risks to members from engaging in club activities. All members are required to be familiar with the risk assessment and take measures to ensure that they mitigate the risks identified.
4. All members must undertake their own assessment of the training environment and conditions before commencing an activity. Anyone participating does so at their own risk and ITC takes no responsibility for the safety or belongings of any person participating in activities organised by the club.
5. A copy of the risk assessment is attached to this document. If any member have any concerns in relation to the risks identified in the risk assessment or any other risks not identified they should contact a member of the committee
6. The Welfare Officer should be contacted in the event of any safeguarding concerns.
7. We would recommend that members consider taking out insurance cover for training and racing. In this regard, members are advised to consider personal membership with the British Triathlon Federation which provides personal cover.