Ealing Weightlifting Club – Health & Safety Policy (2025)

1. Introduction

Ealing Weightlifting Club is committed to providing a safe and healthy environment for all members, coaches, volunteers, officials, and visitors. The club recognises its legal and moral duty to protect people from harm and ensure that all activities are delivered in a safe and responsible manner.

This policy outlines our commitment to health and safety and sets out responsibilities for maintaining a safe training and competition environment.

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2. Our Commitment

The club will:

- Comply with all relevant health and safety legislation, including the Health and Safety at Work Act 1974.
- Ensure facilities, equipment, and activities are safe and fit for purpose.
- Provide clear procedures for emergencies and first aid.
- Identify and manage risks through regular risk assessments.
- Train and support coaches, officials, and volunteers to carry out their roles safely.
- Promote a culture where health and safety is everyone's responsibility.

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3. Responsibilities

- Club Committee – overall responsibility for ensuring this policy is implemented.
- Head Coach & Club Manager (Kazem Panjavi) – day-to-day responsibility for health and safety, including risk assessments, equipment checks, and emergency planning.
- Club Welfare Officers (Alistair Arendse & Nosrat Karimi) – responsibility for safeguarding-related health and safety concerns.
- Coaches & Volunteers – duty to follow safety procedures, check equipment before use, and report hazards.
- Members & Visitors – responsibility to follow club rules, act responsibly, and report any concerns.

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4. Risk Assessment

The club will carry out risk assessments to:

- Identify potential hazards in training and competition environments.
- Assess who might be harmed and how.
- Put in place control measures to reduce risk.
- Review assessments regularly and after any incident.

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5. Safe Environment & Equipment

- Training areas will be kept clear, clean, and well-lit.
- Equipment will be checked regularly for damage or faults.
- Only appropriate, safe, and approved equipment will be used.
- Weightlifting platforms, bars, and weights must be used under supervision.
- Any unsafe equipment will be removed from use immediately.

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6. First Aid & Emergencies

- At least one trained first aider will be present during club sessions.
- A first aid kit will be available and checked regularly.
- Emergency contact details for all members will be kept securely.
- An emergency action plan will be in place and reviewed annually.
- Serious incidents will be reported and logged.

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7. Fire Safety

- Emergency exits will be clearly marked and kept clear at all times.
- Members and visitors will be informed of evacuation procedures.
- Fire alarms and extinguishers will be accessible and checked by the facility provider.

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8. Reporting Accidents & Incidents

- All accidents, injuries, and near misses must be reported to the Head Coach or Welfare Officer.
- An accident report log will be maintained.
- Incidents will be reviewed to prevent recurrence.

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9. Review

This Health & Safety Policy was last reviewed on 5 November 2025 and will be reviewed again on 5 November 2026, or sooner if a serious incident occurs. Any updates will be communicated to all members, coaches, and volunteers.