

Ramblers Cycling Club Inc. Health & Safety Policy

Date developed: September 2010

Last ratification date: November 2010

Purpose of Policy:

Provide for safety of all riders participating in club races and activities. To enable races and other club events to take part with a minimum of risk to participants and with a minimum of risk and inconvenience to other road users.

Scope of Policy:

This policy applies to all persons taking part in any race or other activity run by Ramblers Cycling Club.

Background:

Cycling, and cycle racing in particular, is an activity with inherent risks to participants and others. Everyone who takes part has a responsibility to take care, for themselves, other participants and the general public. Where possible, risks and hazards should be eliminated, avoided or minimised.

Ramblers Cycling Club is committed to providing and maintaining a safe and healthy environment for club events.

All members who take part in Club activities are expected to join in that commitment and take all appropriate steps to keep themselves and others safe within the bounds of the inherent risks of the sport.

The Club will use its best endeavours to establish and maintain appropriate health and safety procedures.

Club members need to be aware of their responsibilities and comply with the club's health and safety policy and other relevant policies and procedures.

The Club's health and safety policy objectives are to:

- Set relevant policies and procedures for the activities it undertakes
- Take steps to implement and monitor its policies and procedures
- Review and update its policies at regular intervals
- Have competent people in place to run races
- Arrange training so that those in positions involving health and safety maintain that competency
- Provide clear, consistent racing rules and event briefings
- Have fair, firm and consistent disciplinary procedures
- Maintain a register of riders and contact information
- Maintain a race and event incident/accident register
- Monitor and review incidents and accidents.

Club members are expected to:

- Abide by the club's racing rules.
- Attend race briefings.
- Follow instructions of race starters, grade captains or any other race officials.
- Comply with all relevant road rules.
- Take care for the safety of themselves, other riders and road users.
- Help newer members with racing etiquette in a positive manner.
- Ensure their bikes are in a safe condition appropriate for competition.
- Inform the race starter or other committee member of any health and safety issues or concerns.
- Report all accidents and incidents.
- Keep their emergency contact details up to date.
- Treat other members and competitors with respect and consideration.

