

Dennis and Dyer Health and Safety Policy

HEALTH AND SAFETY POLICY STATEMENT:

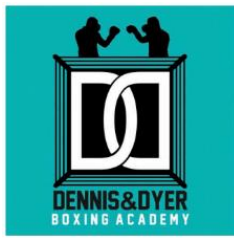
“Dennis and Dyer Boxing Academy” is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect our junior athletes to participate within these boundaries.”

HEALTH AND SAFETY POLICY:

To support our Health and Safety policy statement we are committed to the following duties:

General Health and Safety

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club’s health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- If you have an injury on site you must report it in all circumstances under which it happened to lead first aider – Marc Dennis or an onsite first aider in his absence. A first aider is always on site while open for training.
- We do not allow animals (accept the assistance dogs) inside the club.
- To protect the safety of all members and guests, you must pay particular attention to all signs relating to health and safety in our clubs.
- Fire exits are clearly marked throughout the club. If there is a fire or if a fire alarm is heard you should make your way out of the club through the nearest possible exit to the assembly point as marked.
- For legal and health reasons you must not smoke on site or using and club facilities.



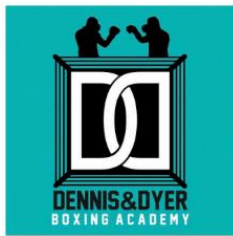
- While training at the club we expect you act respectfully and appropriately at all times. We can prevent you from entering the club or ask you to leave if we deem your behaviour to be in breach of this.
- You should not use the club if you have an infectious illness or condition. If you do contract an infection this must be reported to lead first aider Marc Dennis to ensure the safety of other club users.
- Pregnancy must be reported to trainer including current trimester so the training can be adapted accordingly.

Children's Health and Safety

- Due to size of facility the gym operates a drop off services for children between the ages of 5 and 15 years. Parents/carers must bring children and sign them in with reception before vacating for the duration of the child's class or session.
- Children under the age of 13 must be adequately dressed to train before arriving
- Children of the age of 13 and above are permitted to use the changing room facilities.
- If another person is dropping off or collecting a child then the admin team must be aware of this prior to the session.
- Children should not use the club if they have an infectious illness or condition. If they do contract an infection parents/carers must be report this to lead first aider Marc Dennis to ensure the safety of other club users.

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.



CLUB HEALTH AND SAFETY OFFICER:

Name: Marc Dennis

Telephone number: 07487745209

Email: marc@dennisanddyerboxingacademy.co.uk

FIRST AID:

Location of first aid facilities:
Dennis and Dyer Boxing Academy
Landmark Building,
30 Barrington, Grn, Debden,
Loughton
IG10 2BA

Location of telephones: 07487 745209

QUALIFIED FIRST AIDERS:

- 1. Marc Dennis**
- 2. Liam Dyer**
- 3. Simeon Dennis**
- 4. Carly Attridge**