

VYRNWY VALLEY RIDING CLUB (VVRC)

HEALTH AND SAFETY POLICY

For use in : Vyrnwy Valley Riding Club

Target audience : All members, visitors and judges.

Purpose : To ensure the health and safety of anyone attending a VVRC event

Effective from : 1st July 2022

Statutory legal requirements : Health and Safety at Work Act 1974

This document is a health and safety policy for the purpose of making our members aware of health and safety. It is the aim of the club to take every reasonable measure to ensure the safety of all competitors and everyone either spectating or involved in the organisation of an event.

VVRC will identify the duties and responsibilities that club members have in order to keep themselves and others from any hazards and risks there may be during ridden activities.

1) **Health and Safety Policy statement:**

VVRC is committed to encouraging all members to take part in a range of equestrian activities in which the health, safety and wellbeing of each individual and their horses is of paramount importance. Varying levels of training and competition are arranged and members are encouraged to compete according to their ability.

2) **Health and safety Policy :**

Health and safety is everyone's responsibility. In order to create a safe environment for participants, helpers and spectators at events, you are encouraged to familiarise yourself with this policy, follow sensible rules for safe practices and use common sense. This policy has been drawn up using the safety guidelines from the British Riding Clubs. Please consult the BRC handbook if you would like further information. We undertake risk assessments for all club events in order to anticipate any potential hazards and measures are put in place in order to address and reduce these risks as far as is reasonably possible.

A Hazard is : anything with the potential to cause harm

A Risk is : the chance that someone will be harmed by the hazard

A Risk Assessment is : a formal recorded process to weigh up the suitability and safety of an activity, identifying hazards and taking appropriate actions to prevent harm or injury.

3) VVRC is committed to the following duties:

- Undertake regular, recorded risk assessments of the club venues and all activities undertaken by VVRC.
- Create a safe environment by putting health and safety measures in place as identified by the assessment
- Enable members to access an appropriate level of training and competition
- Ensure that all members are aware of, understand and follow VVRC's health and safety responsibilities
- Appoint a committee member to assist with health and safety responsibilities
- Ensure that procedures and emergency procedures are in place and communicated to all assisting members on the day of club activity
- Provide access to adequate first aid at all times, as detailed in the risk assessment
- Report any injuries or accidents sustained during VVRC activities or while at club venues. Accident forms are available with the event organiser and transcribed to the accident book. Any serious injury or death must be reported within 24 hrs to BRC, the Health and Safety Executive and RIDDOR reporting (online or by telephone 0345 300 9923)
- VVRC will ensure that the implementation of the policy is reviewed regularly

4) 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 do not do.
- Co-operate with VVRC on health and safety issues and observe all instructions issued by club officials
- Correctly use all VVRC equipment
- Ensure you do not interfere with or misuse anything provided for your health, safety and wellbeing.

5) VVRC would like to make it clear to all members and participants at events that:

- Horse riding is a risk sport. We recommend that all participants have adequate insurance cover, including third party (public liability) cover.
- Organisers, competitors, members and spectators participate entirely at their own risk.
- Club officials and stewards are at events to help maintain your safety. Please obey their advice and requests.
- We ask that all members, competitors and spectators take reasonable precautions whilst attending events, clinics or other VVRC activities to ensure their own safety and the safety of those around them.
- Potential and actual health and safety hazards, risks, accidents, injuries and incidents must be reported immediately to a VVRC committee member or steward.

- Access to first aid, telephone and emergency services must be available at all VVRC events. Speak to the organiser, committee member or steward if you require assistance. Emergency vehicular access must be maintained at all times.
- All accidents or incidents must be recorded and entered without delay into the VVRC accident book.
- Members must provide an up to date emergency contact so that those details can be held by committee members and at the club event for use by event organisers in case of an emergency.

6) VVRC requires that :

- **Hats** comply with the current rules, namely :
PAS 015 (2011) and must have BSI kitemark or Inspec IC mark
VGI 01.040 and must have BSI kitemark or Inspec IC mark
ASTM F1163 (2004a or 04a onwards) and must have SEI mark
SNELL E2016 and must have official SNELL label and number
AS/NZS 3838 (2006 onwards) and must have SAI global mark
N.B. Only a Jockey Skull of an even, round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions may be worn for any XC activity. Noticeable protruberances above the eyes or to the front, not greater 5mm, smooth and rounded in nature, are permitted. A removable hat cover with a light, flexible peak, may be worn.
- **Body protectors :**
 Must be worn for cross country events and are strongly recommended for show jumping.
BETA Level 3 displaying either a purple 2009 label or blue 2018 label
 If an air jacket is to be used, it must be worn over a BETA level 3
- The use of Head Cams is prohibited at any BRC affiliated competition and not advised for riders as it may compromise the safety standard of equipment. This includes on the head, chest, bridle or any other part of the horse or rider.
- No vehicle is to be driven faster than walking pace (5mph) at any event.
- Tethered horses must not be left unsupervised or tied to fences or gates.
- Horses must be ridden or led at walk outside the arenas and must not be allowed to enter designated spectator areas.
- Horses must not be lunged in competition or warm up areas.
- Helpers are not allowed in warm up or competition rings unless assisting with jumping equipment or in the event of an accident or injury.
- In the event of an accident , riders are asked to clear the area and allow safe access for anyone providing help and for emergency vehicles
- Riders must observe rules of etiquette and pass left to left in warm up areas.
- Show jumping practice fences must be jumped with the red flag on the rider's right. Practice fences must be no higher than the current competition class.

- Stallions must be identified to the event organiser, led by a bridle and wear stallion discs as per British riding Club rules at all times.
- Riders and helpers must ensure that gateways and paths are not obstructed.
- Children under the age of 18 must be supervised by an adult at all times.
- Dogs must be kept on a lead at all times and please clean up.
- Foul language must not be used and will not be tolerated at VVRC events.
- Any member, competitor or spectator not willing to accept direction from club committee members regarding health and safety issues, may be excluded from the club.

This policy applies to everyone attending a VVRC event regardless of ethnicity, religion, gender, age or disability.

Policy prepared by: R.L.S 30th June 2022

Review date: 1st June 2023

Reviewed and re-issued : 20th August 2023