

## WALSALL ARTISTIC ROLLER SKATING CLUB

### SAFE SKATING AND HEALTH AND SAFETY POLICY



#### **1. Purpose of Policy**

Roller skating is a potentially dangerous sport. While the club does everything possible to reduce the risk of injury, accidents cannot be ruled out entirely. The purpose of this statement is therefore to:

- A. Set Health and Safety standards.
- B. Explain how those standards will be applied
- C. Give skaters information to reduce their own risk of injury.
- D. Reduce the risk of accidents and injuries.

#### **2. Responsibility**

- A. Overall responsibility for safety standards lies with the club committee.
- B. Day to day responsibility is devolved to the Registered Coach supervising a particular session
- C. All members also bear responsibility to
  - i. Ensure that they comply with basic rules of safe skating
  - ii. Report any safety hazards
  - iii. Consider what safety equipment they want to wear.
  - iv. Check their skates before use.

#### **3. Medical Conditions and injuries**

The existence of a medical condition or an injury shall not prevent an individual from skating unless in the opinion of a Coach the condition or injury represents an unacceptable risk to the individual or other skaters. **(See paragraph 26 of the Club Constitution)**

#### **4. Records**

Every skater attending club sessions shall, upon their second attendance, fill out the Club membership documentation which includes the health and safety declaration. The relevant parent or guardian must complete the form in respect of any junior member. A skater must inform the club if they sustain an injury, develop a long term illness or commence taking medication for an illness after completing the declaration and, the club may at its discretion require the skater to complete a further declaration.

In addition to any accident records which may be kept by venues used by the Club, in the event of an accident resulting in anything more than very minor injuries the supervising coach shall complete the Club accident form (set out at **Annex A** to this statement) and give it to the Club secretary as soon as possible.

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#### **5. First Aid**

No skating session shall proceed unless at least one registered first aider be present. It shall be sufficient if there is a Registered First Aider present in the building even if they are not a member of the Club

#### **6. Safety Notices**

At all club sessions a safety notice (the format of which shall be agreed by the Club committee from time to time) shall be displayed at the entrance setting out the basic rules of safe skating. The current format of the poster shall be annexed to this policy as **Annex B**

#### **7. Inductions**

All new skaters shall be given an introduction to safe skating which shall cover all the basic rules of safe skating. A record of that introduction shall be placed with the skater's records and the skater shall be given a certificate stating they have attended a safe skating session. The skater or the skater's parent /guardian shall sign consent form attached. **See Annex C**

#### **8. Basic Rules of safe Skating**

The rules are

- A. If you fall, do not put your hands on the floor to assist in standing.
- B. Tie back long hair.
- C. Do not skate with your hands in your pockets.
- D. Clothes should be:
  - i. Close fitting but not restrictive.
  - ii. Sufficiently short so they will not become entangled with skates. Long skirts or scarves must not be worn.
- E. Jewellery should be small and discrete – large earrings and long necklaces can be dangerous.
- F. Do not use a mobile phone when skating.
- G. Maintain an awareness of other skaters and, in particular, look out when going backwards.
- H. Do not take food or drink into the skating area.
- I. Make sure boot laces are double knotted and do not drag on the floor.
- J. Check and maintain your skates regularly. Check for loose nuts.
- K. Obey a safety request from a coach immediately.
- L. Observe "coned off" areas.

#### **9. Enforcement**

Any skater who persistently ignores a request from a supervising coach to comply with safety guidelines or who otherwise acts in such a manner to place the safety of himself or other skaters at risk may be, at the sole discretion of the supervising coach, asked to leave the skating area.

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If, in the opinion of the Supervising Coach, the skater should be permanently excluded then the coach shall inform a member of the Club Committee of his/her opinion. The Committee shall deal with the matter under the Club disciplinary arrangements set out in the constitution.

#### **10. Safety equipment.**

Most falls do not result in injury although the potential for sustaining a serious injury increases as the skater attempts more difficult exercises at greater speed. Generally the worst a skater will suffer is minor bruising or aches and pains.

Nonetheless there remains the possibility of more serious injuries. The Club does not require skaters to wear safety equipment because such equipment can be restrictive and interfere with artistic interpretation and the execution of difficult exercises. The club does however recommend skaters wear wrist guards and (if attempting difficult exercises) padded shorts.

Equipment is available which can protect knees and elbows and a helmet can be worn to prevent head injuries. The extent to which the individual skater (or his parent or guardian) chooses to protect himself is a matter for that skater.

The Club points out however that protective equipment is not allowed in competitions and at some stage therefore the skater will have to perform without the equipment.

The Club has access to a harness to assist skaters in learning jumps. This piece of equipment is only available when two persons are present who have been trained in its use.

#### **11. Review**

The Committee shall review this policy at least once a year and it shall be recorded in the minutes that this has been done.

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Annex A. – Accident record form.

Name of injured Person.....

Date of Accident		Venue	
Time		Supervising Coach	
First Aider Attending			
Names and addresses of witnesses	1.		
	2		
	3		
	4		
What happened			
Disposal/Outcome			
Reported to Committee member by		Date	
Further investigation required?	Yes/No	Investigated by	
Investigation result			
Signed off by (committee member)		Date	

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**Annex B: Rules of safe skating.**

- A. Keep your hands off the floor when standing up
- B. Tie back long hair.
- C. Do not skate with your hands in your pockets.
- D. Wear the right Clothes.
- E. Jewellery should be small and discrete.
- F. No mobile phones when skating.
- G. Look out when going backwards.
- H. Do not take food or drink into the skating area.
- I. Make sure boot laces do not drag on the floor.
- J. Check your skates regularly.
- K. Obey a safety request from a coach immediately.
- L. Observe “coned off” areas.

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**Annex C: Consent Form**

Please note no person will be permitted to skate until they have attended a Safe Skating session and have signed the form below. In the even that skater is a minor the form must be signed by a parent or guardian.

**Warning.**

Roller skating is a dangerous sport. Participation can result in injury. Although most injuries are no more than a bruise and wounded pride broken bones (in particular in the wrist) are not unknown and there is the possibility of more serious injury including head injuries. While we take all reasonable precautions to prevent injury the risk cannot be eliminated. If you are concerned about this you/your child should not participate.

I understand the above paragraph.

Signed .....

Parent or guardian of ..... (delete if appropriate)

**Elements of safe skating**

- How to stand still.
- Standing Upright. Balance issues.
- Supporting/being supported by a non-skater.
- Safety gear
  - Available
  - Wrist guards (recommended)
- Appropriate clothing.
- Long Hair.
- If you hear a whistle - stop immediately
- Skating backwards.
- Falling over.
  - What to do if you fall
  - Risks
- Standing up.
- If you are injured
  - First aiders are available
  - Incident form.
- Conduct on the Rink.

I certify that..... has received a briefing on safe skating as set out above (on behalf of .....{print name} (delete if appropriate)

Signed.....Coach

Student .....(or parent or guardian)