



Health & Safety Policy

Policy Lead: **Mr Arjun Purewal**

Review Date: **July 2026**

Policy Lead Signature:

A handwritten signature in black ink, appearing to read 'Arjun Purewal', is written over a horizontal line.

AP Coaching Sunderland

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INTRODUCTION

AP Coaching Sunderland is strongly committed to encouraging our members to take part, but the health, well-being and safety of everyone is always our paramount concern. We recommend levels of training dependent on age and ability and expect our participants to participate within these boundaries.

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

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by AP Coaching Sunderland.
- 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 AP Coaching Sunderland's health and safety policy.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Always provide access to adequate first aid facilities and a qualified first aider.
- Report any injuries or accidents sustained during any activity or whilst on the premises being used by AP Coaching Sunderland.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

WE EXPECT OUR PARTICIPANTS, PARENTS AND CARERS 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 coaches on health and safety issues.
- Correctly use all equipment provided by AP Coaching Sunderland.
- Not interfere with or misuse anything provided for your health, safety or welfare.

CLUB HEALTH AND SAFETY OFFICER: Arjun Purewal (Head Coach)

QUALIFIED FIRST AIDERS:

1. Arjun Purewal (Head Coach)
2. Amar Purewal (Coach)

Review

AP Coaching Sunderland will review this policy annually.

This document will be fully reviewed in July 2026 unless any new significant legislation, guidance or new developments emerge.