

Health and Safety Policy

Essex Games Ltd

Introduction

At Essex Games Ltd the health, safety, and wellbeing of all participants, spectators, staff, volunteers, and contractors are of the utmost importance. This Health and Safety Policy outlines the measures and responsibilities in place to ensure the event is conducted safely and in compliance with applicable health and safety laws, regulations, and best practices.

1. Event Objectives

- Provide a safe environment for all attendees.
- Minimise risks associated with functional fitness activities.
- Promote a culture of safety, awareness, and mutual responsibility.

2. Responsibilities

Event Organiser Responsibilities

- Conduct a full risk assessment before the event.
- Implement appropriate safety measures and controls.
- Ensure all staff and volunteers receive proper training on health and safety protocols.
- Provide adequate first aid facilities and personnel.
- Ensure all equipment used during the event is safe, inspected, and fit for purpose.
- Maintain clear emergency response procedures.

Staff and Volunteer Responsibilities

- Follow the event's health and safety protocols at all times.
- Report any safety concerns, incidents, or hazards immediately to the Event Safety Officer.

- Assist in emergency response procedures if required.

Participant Responsibilities

- Adhere to all event rules and safety guidelines provided by the organisers.
- Use equipment as directed and avoid engaging in unsafe practices.
- Notify event staff of any pre-existing medical conditions that could impact their participation.

3. Risk Management

Risk Assessments

A comprehensive risk assessment will be conducted prior to the event, considering:

- Venue suitability (e.g., flooring, ventilation, capacity).
- Potential hazards related to fitness equipment and workout activities.
- Weather conditions (for outdoor events).
- Crowd management.

Equipment Safety

- All fitness equipment will be inspected before use and maintained throughout the event.
- Participants are required to use equipment only as instructed by event staff.

Venue Safety

- Emergency exits and assembly points will be clearly marked.
- Fire safety equipment will be available and maintained.
- All pathways and workout zones will remain clear of obstructions.

4. Medical and Emergency Provisions

- **First Aid:** Qualified first aid personnel will be on-site throughout the event.
- **Emergency Services:** Clear communication plans are in place to contact emergency services if needed.

- **Incident Reporting:** All accidents, injuries, and near-misses will be recorded and investigated to prevent recurrence.

5. Communication and Training

- **Pre-Event Briefing:** All staff, volunteers, and contractors will attend a pre-event briefing covering health and safety procedures.
- **Participant Guidelines:** Safety information will be distributed to all participants in advance and reinforced during the event.
- **Signage:** Clear, visible signage will be used to direct participants and spectators.

6. Emergency Procedures

Evacuation Plan

- Evacuation routes will be clearly communicated to all attendees.
- Staff will guide participants and spectators to designated assembly points.

Severe Weather Plan (for outdoor events)

- A contingency plan is in place for severe weather conditions, including delays, cancellations, or relocation of the event.

Incident Response

- An on-site Event Safety Officer will coordinate emergency responses.
- Emergency contacts and procedures will be made readily available to all staff.

7. Policy Review and Updates

This Health and Safety Policy will be reviewed yearly and updated as necessary, incorporating feedback from past events and changes in regulations.

This Health and Safety Policy is available to all via our website.

Signed: Michael Linger

Position: Co-Owner

Signed: *Michaellinger*

Date: 01/04/2024