

Health and Safety Policy

Morrinsville Skating Club is committed to providing a safe and healthy place, safe methods, and safe equipment. Health and safety are considered by the committee to be an integral and vital part of the successful performance of skaters. This policy sets out the responsibilities of the club and its members with the aim that we can keep our place safe and free of hazards. The club may unilaterally introduce, vary, remove or replace this policy at any time.



Risk Assessment Management Plan (RAMS). Club Skate Sessions - Morrinsville Events Centre

Hazard	Potential harm	Likelihood	Control measures	Monitoring/Actions	Responsibility
Slippery floors	Sprains/strains and fractures of legs and/or arms	Possible due to earlier floor cleaning. Spilt water/ drinks	- Floors cleaned and dried or not cleaned the same day. - No drinks or food at the rink - wet floor signage.	Morning checks. No food or water is allowed inside the Events center.	- Opening person to check before skating. - All members to dry the floor if it is wet. - Opening person to install wet floor signage.
Skating	Sprains/strains and fractures of legs and/or arms	Most common injuries are to wrist/hand/ elbows.	Encourage wearing of safety equipment. Skate Club code of conduct to be known and adhere to by all skaters and supporters. Skaters to wear wrist guards as a minimum during races.	Committee and Volunteers to actively promote the wearing of safety gear. Injuries that require First aid to be logged into the Incident file via the QR code on the club cupboard.	All skaters Support persons for skaters.

We will achieve the policy through:

- Skaters to be made aware of and abide by the Club code of conduct.
- RAMS form will be completed and distributed to committee, skaters and volunteers if skating other than The Events Centre in Morrinsville
- In case of an accident or incident, please contact the person in charge of the rink or one of our volunteers.
- No food or drinks are allowed in the skating area.
- No drugs or alcohol
- No smoking or vaping
- A nominated committee member to follow up on reported injuries.
- Skaters are encouraged to wear protective gear (at least wrist pads). They could be provided by the Club if available.
- If you're skating fast or trying a new trick, be mindful of the other people around you. Stay in control and watch out for other skaters. Keep an eye on kids or less-experienced skaters who may accidentally cross your path.
- Be courteous, friendly, helpful, polite and civic-minded when skating.
- Rules are dynamic and they can change from time to time.
- Major incidents such as earthquake/ fire all skaters will follow the instructions of the Fire Warden who will follow the place of skating guidelines e.g The Morrinsville Event Centre (19 Ron ladd Place) has it's own procedures to follow. Let council know on 0800746467
- Skating anti-clockwise. Or in designated learn to skate/ training areas
- Know the zones of the skating rink. Imagine the rink as concentric circles. The inner circle is where people are practising skating, doing tricks, etc. The outer circles are like lanes of traffic, with people skating laps around the centre.
- Don't cut across all of the "lanes" from the outside to the centre and vice versa. Go with the flow and slowly make your way where you want to go, rather than diving in front of people.
- Don't stop abruptly! It's a good way to get run into by another skater.
- If you fall, get up quickly and safely. Try to avoid putting your hands down flat on the skating rink. Instead, put your palms on your thighs and push yourself up to your knees, then fully stand.

