



HEALTH AND SAFETY POLICY

**Moreton Men Sports Group CIC
The Vision Centre
5 Eastern Way
Bury St Edmunds
IP32 7AB**

1. Statement of Intent

Moreton Men Sports Group CIC is committed to ensuring the health, safety, and wellbeing of all members, volunteers, and participants. We strive to foster a safe and supportive environment, especially focused on mental health and inclusion.

We will, so far as is reasonably practicable:

- Provide a safe physical environment for all activities.
- Promote mental health awareness and ensure participants feel supported.
- Prevent accidents, injuries, and work-related ill health.
- Provide clear safety instructions and training.
- Comply with all UK health and safety regulations.

2. Responsibilities

2.1 Management/Directors

- Ensure this policy is implemented and reviewed annually.

- Conduct risk assessments for both physical and mental health aspects of activities.
- Provide appropriate training and support.
- Ensure incidents or concerns are recorded and investigated.

2.2 Staff and Volunteers

- Take care of their own and others' safety.
- Follow safety procedures and instructions.
- Report hazards, accidents, or mental wellbeing concerns.

2.3 Participants

- Follow safety instructions during sessions.
- Inform staff of any mental health concerns or physical issues.

● 3. Risk Assessment

- Risk assessments will be carried out for all sessions, venues, and equipment.
- Both physical risks and mental health triggers will be considered.
- Control measures will be implemented and reviewed regularly.

4. Accident and Incident Reporting

- All accidents, incidents, and mental health concerns must be reported immediately.
- Records will be kept and reviewed.
- First aid will be available at all events, along with support for mental health concerns.

5. Equipment and Facilities

- Equipment will be regularly checked for safety.
- Facilities will be assessed for accessibility and comfort, especially for mental health needs.
- Any issues will be addressed promptly.

6. Training and Information

- Staff and volunteers will receive training in both physical safety and mental health first aid.
- Clear safety procedures will be communicated before each session.

7. Emergency Procedures

- Fire and evacuation plans will be in place.
- First aid and mental health support contacts will be clearly available.
- Emergency contacts will be provided for all sessions.

8. Policy Review

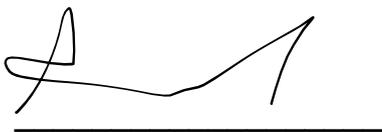
This policy will be reviewed annually or sooner if:

- There are significant changes to our activities or focus.
- New mental health or physical safety legislation emerges.
- A serious incident occurs.

9. Signature

Signed on behalf of Moreton Men Sports Group CIC:

Signature:



A handwritten signature in black ink, appearing to be 'Adam Townsend', written over a horizontal line.

Policy Date: 25/07/2025

**Adam Townsend
Chairman**