



What Every Member Needs to Know About Health and Safety

Health and Safety

Every member is, by law, expected to act safely and to act in a way that is not a danger to anyone else.

All members expect to have a safe environment in which to ski. There are **three** key steps that should be taken to stop accidents before they happen.

1. Be aware of hazards.

Spot situations that could lead to accidents and report them to the person in charge of the activity.

2. Remove hazards.

Act immediately to correct problems and report any dangerous situations to the person in charge of the activity. If you need a hand in moving equipment, ask for it.

3. Protect people.

Help keep skiers, colleagues and any others nearby safe until the problems have been put right and made safe.

Always remember hazards demand immediate attention!

Top Safety Tips

- 1 Before each activity check for fire and safety hazards**
- 2 Carry out the activities at a safe pace to enable everyone to be in control of their actions at all times - don't rush.**
- 3 Store materials and equipment safely. Return equipment to its proper place after use.**
- 4 Be aware of our skiers. Be courteous, but make sure they behave safely.**

You may have to clear up any mess left behind by skiers, visitors and colleagues to ensure other users of the facilities are not put at risk.

**Slips, trips and falls are a danger to you,
your colleagues, our skiers and visitors**

Pay special attention to these trouble spots

- **Ski slopes**

Watch out for worn matting, obstructions and report any safety gear not working.

- **Paths, stairs, changing areas, toilets and other public areas**

Don't obstruct these areas. Be aware of wet floors when walking in ski boots. Be aware of any ice patches and let others know of them.

- **Only use equipment for which you have received specific training to enable you to be competent in its use.**

It can be dangerous for skiers to use equipment which you are not familiar with.

You should only move, or assist in moving disabled people if you have received special training through the Guide Training Programme

Awareness of possible hazards

Physical violence can be problem at any time

The following tips can help when dealing with colleagues, skiers and the public

- **Be friendly**
Smile, show confidence and make frequent eye contact. A pleasant attitude can make a difference.
- **Be honest**
Give reliable information. Admit any uncertainties or difficulties when they exist. Never hesitate to apologise if you have made a mistake.
- **Be fair**
People are less likely to become abusive or violent when they have been treated fairly.
- **Be efficient**
If you do your SSCD tasks well and on time people are less likely to get angry with you.
- **Be consistent**
Treat everybody the same.

**Try to understand why people are aggressive or abusive.
Often the cause has nothing to do with you personally.**

Sexual harassment can take many forms

- **If you feel it's harassment, it probably is!**
Sexual harassment depends on how the person harassed is affected - not on the harasser's intent.
- **So, it probably is sexual harassment if someone's words or actions:**
 - are unwelcome or offensive to you,
 - make you feel uncomfortable or threatened,
 - affect the way in which you can carry out your SSCD tasks.

And of course you must ensure you do not give any similar feelings to skiers, visitors or colleagues by your own actions.

Remember 'giving in' does not mean the conduct was welcomed.

Other forms of behaviour that will not be tolerated

Bullying

- Verbal or physical abuse
- Humiliation, belittling, rumour mongering
- Unfair treatment
- Excessive fault finding
- The 'cold shoulder'

Racial discrimination

- Offensive jokes, remarks or insults based on a person's race, colour or national origin.
- Denying chances for betterment because of race, colour or national origin.

Incident Reporting

Report any dangerous situation, accident, injury or crime to the SSCD person responsible as soon as you possibly can. **This will help prevent similar incidents occurring.**

Make sure you use the appropriate SSCD Forms and Procedures for reporting incidents.

Take SSCD Health and Safety Seriously!

- Be aware of hazards - and know what to do about them!
- Carry out your SSCD tasks safely - especially when guiding or assisting skiers and working with specialist equipment.
- Help prevent bad behaviour and other activities that should not be tolerated - and know how to deal with difficult situations.

SSCD Health and Safety is important to everyone

You and your colleagues give valuable time and effort freely and no one wants to get hurt by helping others less fortunate than themselves.

Our skiers are the ones we aim to give enjoyment and they deserve the best we can give them.

SSCD is proud of its reputation and the benefits we can bring to disabled folk. Our goal is to provide a healthy and safe environment for everyone associated with SSCD.

YOU CAN HELP ENSURE THAT HEALTH AND SAFETY IS IN EVERYTHING SSCD DOES!

Emergency Procedures

You should ensure you are aware of, and understand, the Emergency Procedures in operation at the Centre before you begin any activity - and remember to check before the start of every session to see if any changes have been made to the procedures and how your activities might be affected by any changes.

NOTE : These notes are only a general guide on health and safety matters.

SSCD Members should be aware the tasks associated with providing skiing and other activities for the disabled should be carried out only by trained and competent persons.

SSCD sets out to achieve competence in these tasks through its Guide Training Programme.