



LEIGH & LOWTON SAILING CLUB
(RYA Training Centre)

GREEN LANE
(off SANDY LANE)
LOWTON
WARRINGTON
WA3 1BJ

HEALTH & SAFETY

POLICY STATEMENT & PROCEDURES MANUAL

Change Control – Summary Table

| Date of Change | Changed By | Summary |
|-----------------------|-------------------|---|
| November 2016 | Dave Eccles | Hyperlinks added & general review |
| May 2017 | Dave Eccles | Location of defibrillator |
| November 2020 | Dave Kelsall | General review – coxswain and safety crew responsibilities clarified – Covid-19 Policy referenced |
| January 2024 | Dave Kelsall | Updated with the Open Water Swimming risks added in |
| May 2025 | Gareth Williams | Postcode corrected Updated with generic water quality risks |

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

Contents

| <u>Page No.</u> | <u>Subject</u> |
|------------------------|--|
| 3 | <u>Safety policy statement</u> |
| 4 | <u>Guidance notes to Safety Coxswains</u> |
| 5 | <u>Guidance notes for Instructors</u> |
| 6 | <u>Emergency procedures</u> |
| 7 | <u>Dealing with the aftermath - major incident</u> |
| 8 | <u>Incident log (specimen)</u> |
| 9/11 | <u>Risk Assessments - General</u> |
| 12 | <u>Risk Assessment – Large Event (specimen)</u> |
| 13 | <u>Risk Assessments - CoSHH</u> |
| 14 | CoSHH – List of Chemicals |
| Appendix 1 | Covid-19 Policy and Risk Assessment |

| |
|--------------------------------------|
| Date last reviewed/amended: Dec 2023 |
|--------------------------------------|

LEIGH & LOWTON SAILING CLUB

(A Royal Yachting Association Training Centre)

Health & Safety Policy Statement and Procedures Manual

Safety Policy Statement

The objective of the Management Committee of the Club is to provide and maintain safe and healthy working conditions, equipment and systems of work for all our employees and to provide such information, training and supervision, as they need for the purpose. We also accept our responsibilities for the health and safety of club members and other people who may be affected by our activities.

All employees have the responsibility to co-operate to achieve a healthy and safe workplace and to take reasonable care of themselves and others. They should also bring to the attention of the Management Committee any suspected hazards that they consider are not covered by Club safety procedures.

It is important to be aware that this is a members' club with a management committee elected annually by the members. It follows therefore, that each member has a duty and responsibility to ensure that their own actions do not constitute a danger to themselves or others, and to bring to the attention of the Management Committee (or their nominees) any hazards or risks which could adversely affect health or safety, to ensure that the above objective can be achieved and maintained.

The Management Committee nominates the undernoted officers of the Club as having the authority to take appropriate steps to rectify any problems which are brought to their notice.

Investigations into incidents and near misses shall be undertaken by an appropriate member of the Management Committee and a lessons learned report produced.

All buildings (including the grounds:

Facilities Manager clubhouse interior), and

Boathouse interior:
Safety Craft and Club Boats:

Bo'sun

Training building interior:
Training Craft:
Training activities:

Training Officer

Sailing Activities:
(other than Training)

Sailing Manager

Where the Management Committee considers that certain activities require specific guidelines, these are appended.

Appropriate Risk Assessments will be undertaken following the guidance produced from time to time by the Health & Safety Executive, the Royal Yachting Association, or any other competent authority, and these will be reviewed periodically.

The club will maintain an Accident Book.

| |
|--------------------------------------|
| Date last reviewed/amended: Dec 2023 |
|--------------------------------------|

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

Guidance Notes to Coxswains and Safety Crew

It is imperative that a good lookout is maintained at all times and that safety cover is provided during racing from the preparatory signal through to the last competitor having safely returned to the launching and recovery site.

Check-list

Before launching ensure that the boat is equipped with the following: -

- 1) Drainage bung and 'kill-cord'
- 2) Anchor/ warp and chain
- 3) Throwing line and towing warps
- 4) Survival/ exposure bag
- 5) First-aid kit
- 6) Baler
- 7) Alternative method of propulsion (oars/paddle)
- 8) Fire extinguisher (know how to operate)
- 9) Full fuel tank secured to boat
- 10) Radio or visual means of communication

Guidance Notes to Coxswains

- 1) When using the outboard-engined boats, the engine 'kill-cord' must be used.
- 2) When coming alongside a casualty in the water with the intention of bringing them into the safety-boat, the engine should be switched off.
- 3) Coxswains and passengers must wear life-jackets or buoyancy aids.
- 4) Coxswains should discourage any occupants of the safety-boats from standing up whilst the craft is in motion or about to move off.
- 5) In the event of a dinghy capsize, the coxswain's priority is to be given to the welfare of the crew rather than the dinghy. In the event of several capsizes, priority is to be given to those crews in personal distress. It may be necessary to leave a capsized boat with a safe crew, to check other boats to establish the condition of their crews. Where more than one safety-boat is in use, effective use of the radios can avoid duplicated effort.
- 6) The safety-boat's presence near to a capsized dinghy can provide all the reassurance necessary. The coxswain should look for the first signs of fatigue or hypothermia, and take command of the rescue at that point for the self-protection of the crew in distress.
- 7) In addition to the Accident Book which is kept in the Club-house "Office" area and which should be used to record personal injuries which require first-aid or other medical treatment, there is an Incident Log kept with the Accident Book to record significant incidents both on and off the water. The intention is that such incidents can be reviewed, analysed, and where possible, to prevent similar incidents recurring.

| |
|--------------------------------------|
| Date last reviewed/amended: Dec 2023 |
|--------------------------------------|

Dinghy & Powerboat Training Courses

Guidance Notes for Instructors & others involved in teaching

- 1) Know where the first-aid kits are stored.
- 2) Know where the telephone is.
- 3) Advise the students where the club's changing rooms, toilet and washing facilities are, and the location of the telephone and first-aid kits.
- 4) If there are any other hazards e.g. Blue/green Algae; Weils Disease, tie-down stakes, draw the attention of the pupils to the dangers.
- 5) Ensure that pupils have properly fitting buoyancy-aids.
- 6) Ensure that pupils are suitably clothed for the conditions.
- 7) Ensure that the safety-boat is afloat.
- 8) Ensure that you know of any pupil's medical condition which requires special awareness.
- 9) Ensure that all pupils and instructors are aware of the designated sailing area and understand visual or sound signals necessary to re-call or control the group.
- 10) Ensure that novices are kept clear of swinging booms or loose rope-ends.
- 11) Ensure that pupils avoid unnecessary lifting of heavy weights, by keeping trolley tyres inflated and explaining about floating boats on and off the trolley with enough hands for hauling out.
- 12) Remember to keep each session short. Beginners often feel under some tension and short sessions help to relax. They also may wish to use the toilet or have some liquid intake.
- 13) Ensure that the training dinghies are in seaworthy condition. Any defects which can be immediately rectified should receive attention. Anything more serious should be reported to the Training Officer or the Bo'sun.
- 14) For basic skills courses the ratio of dinghies (single-handed or crewed) to safety boats should not exceed:-

| | | |
|-----------------------|---|------------------------|
| up to 6 dinghies | : | 1 safety-boat |
| 7 to 15 dinghies | : | 2 safety-boats |
| More than 15 dinghies | : | 3 or more safety boats |
- 15) In addition to the Accident Book which is kept in the Club-house "Office" area and which should be used to record personal injuries which require first-aid or other medical treatment, there is an Incident Log kept with the Accident Book to record significant incidents both on and off the water. The intention is that such incidents can be reviewed, analysed, and where possible, to prevent similar incidents recurring.

| |
|--------------------------------------|
| Date last reviewed/amended: Dec 2023 |
|--------------------------------------|

Emergency Procedures

- 1) **Dial 999 to call emergency services.**
- 2) **The club's telephone number is 01942 673 169**
- 3) **You are at Leigh & Lowton Sailing Club, which is located at: -**

Green Lane, off Sandy Lane, Lowton, WA3 1BJ.
- 4) **There are Hospitals with Accident & Emergency facilities at Warrington and Wigan.**
- 5) **There are First-Aid kits situated as follows:-**
 - (a) **In the entrance lobby inside the club-house main doorway.**
 - (b) **In the boathouse.**
 - (c) **In the training building.**
 - (d) **In each of the safety boats.**
- 6) **A Defibrillator is located In the entrance lobby inside the clubhouse main doorway.**
- 7) **A list of trained First Aiders is posted adjacent to the First-Aid kits within the above buildings.**
- 8) **There are exposure bags in each safety boat.**
- 9) **Accidents requiring medical treatment should be reported to Training Principal, Flag Officer or member of the Club Executive Committee and should be recorded in the Accident Book kept in the "Office" area of the club-house.**

-

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

Dealing with the Aftermath of a Major Incident (Guidance from RYA)

- 1) Obtain statements from competent witnesses.

- 2) Flag officers (and where the incident involves any teaching or coaching – the Training Officer), should interview witnesses and others involved somewhere away from the press to obtain as full a picture as possible.

- 3) A written initial statement should be prepared which can be given to the press if required, e.g.

“Leigh & Lowton Sailing Club regrets to announce the death of a club member who was injured in a boating accident.
The incident occurred on (date) at Pennington Flash, Lowton near Leigh, Greater Manchester.
Our deepest sympathy to the relatives etc. A full statement will be issued at 2pm tomorrow.” (Allow sufficient time to collate the information).

- 4) Don't hold a press conference, but do decide who will speak to the press.

- 5) Try to prevent other well meaning but ill-informed club members from making public comments.

- 6) Try to keep a record of who has been spoken to, or who has contacted the club etc.

- 7) If the incident involves the club as an RYA Training Centre, inform RYA Training (023 8060 4180) who can assist with compiling our statement to the press. (RYA address: - RYA House, Ensign Way, Hamble, Southampton SO31 4YA).

- 8) If there has been a fatality, the police will be involved and they will inform the next of kin. Do not publicise the name of the casualty until you know that this has been done, even if the press appear to know who it is.

| |
|--------------------------------------|
| Date last reviewed/amended: Dec 2023 |
|--------------------------------------|

LEIGH & LOWTON SAILING CLUB

(A Royal Yachting Association Training Centre)

Health & Safety Policy Statement and Procedures Manual

Incident Log (specimen)

Potentially serious incidents or near-miss incidents should be recorded in this log. The objective being for the circumstances to be analysed to see if such incidents can be avoided in future or to ensure that appropriate emergency procedures are in place. The log is kept with the Accident Book in the "Office" area of the main club-house.

(NB. Accidents resulting in injury requiring first-aid or professional medical treatment should be recorded in the Accident Book which is kept in the "Office" area of the main club-house.)

| |
|--|
| <p>Date:</p> <p>Circumstances:</p> <p>Action (if any):</p> |
|--|

| |
|--|
| <p>Date:</p> <p>Circumstances:</p> <p>Action (if any):</p> |
|--|

| |
|--|
| <p>Date:</p> <p>Circumstances:</p> <p>Action (if any):</p> |
|--|

| |
|--------------------------------------|
| Date last reviewed/amended: Dec 2023 |
|--------------------------------------|

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

Risk Assessments

| | Hazard (the injury) | Who is at risk? | When is the risk? | How long is the risk? | How often is the risk? | Why is there a risk? | Control Measures in place | Further Action Required |
|------|---|---|--|--|--|--|--|---|
| 1 | Hypothermia | Sailors. Safety boat crew. Swimmers. | When sailing or swimming Any time of the year More likely during winter | Up to 6 hours per day - usually 3x1 hour | Saturday, Sunday and Wednesday during Spring, Summer and Autumn. Sundays during Winter About 50 sailors are on the water at any one time, from a membership of around 250 Up to 100 swimmers during organised swimming sessions | Exposure to the cold (water and weather) can lead to hypothermia. It is always cooler on the water. | Sailors and swimmers are asked to dress for the weather. A number of members are trained in First Aid. | Consider First Aid training for all safety coxswains and swimming coaches |
| 2 | Sun stroke Sun burn Heat exhaustion | Sailors. Safety boat crew. | When sailing or swimming Mainly summer months. | Up to 6 hours per day - usually 3x1 hour | Saturday, Sunday and Wednesday during Spring, Summer and Autumn. Sundays during Winter About 50 sailors are on the water at any one time, from a membership of around 250 Up to 100 swimmers during organised swimming sessions | Lack of protection from the elements. Underestimating the effect of exertion outdoors. | Sailors are asked to dress for the weather. A number of members are trained in First Aid. | Consider First Aid training for all safety coxswains and swimming coaches |
| 3 | Drowning - during racing times | Sailors. Safety boat crew. Spectators on the jetties. | When sailing | Up to 6 hours per day - usually 3x1 hour | Saturday, Sunday and Wednesday during Spring, Summer and Autumn. Sundays during Winter About 50 sailors are on the water at any one time, from a membership of around 250 Casual sailing | Sailor falls into the water. Sailor exceeds own ability Gear failure | Members are required to wear buoyancy aids when sailing or on the jetties. Safety boat available. Coxes and safety crew must maintain a good lookout A number of members are trained in First Aid. | Prohibition on swimming activities during racing times. |
| 3(a) | Drowning - during casual sailing | Sailors. | When sailing | About 10 hours per year | Casual sailing is a small percentage of all sailing. During fine weather only, about 1 or 2 sailors per day use the water | Sailor gets into difficulty and there is no manned safety boat on the water. Collision with swimmers. | Sailors are required to wear buoyancy aids | Physical separation of on/in water activities during casual sailing with small numbers of swimmers. |

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)

Health & Safety Policy Statement and Procedures Manual

| | | | | | | | | |
|------|---|--------------------------------|---|-------------------------|---|---|---|--|
| 3(b) | Drowning - during organised swimming sessions | Swimmers | When swimming | About 10 hours per week | Organised open water swimming is an all year activity, with a peak of activity between March and October with up to 100 swimmers. | Swimmer gets into difficulty, gets entangled or collides with watercraft | Swimmers are advised: to use flotation devices, swim only in designated areas and to follow the advice of the swimming coaches and safety teams | No swimming during dinghy racing.. Flash closure for sailing and other on the water activities during planned swimming activities. Coaches and safety crew First Aid trained. Physical separation of on/in water activities during casual sailing with small numbers of swimmers. |
| 4 | Young persons - many and various injuries | Any person under the age of 18 | Ever present. Some training courses are aimed specifically at young persons | Ever present | Ever present | Young persons do not have the experience of adult life and overestimate their judgement | Safety boat is available during water-based activities. Courses are supervised by qualified Instructors and Coaches | |

Date last reviewed/amended: Dec 2023

Risk Assessments

| | Hazard (the injury) | Who is at risk? | When is the risk? | How long is the risk? | How often is the risk? | Why is there a risk? | Control Measures in place | Further action required |
|---|--|--|---|------------------------------|-------------------------------|-------------------------------|---|--------------------------------|
| 5 | Slip, trip or fall resulting in: - Strain sprain, or broken bone | Sailors in boats. Anybody on wet grass or wet floors. People tripping over stakes in the boat park. People slipping on jetties, runways or slipways. | When the deck is wet. When the grass or the clubhouse floor is wet. When launching or recovering dinghies or safety-boats | Instant | Every day potentially | Water makes surfaces slippery | Personal care and vigilance. Weekly cleaning of clubhouse floors. Regular brushing and cleaning of jetties and slipways. | |

LEIGH & LOWTON SAILING CLUB

(A Royal Yachting Association Training Centre)

Health & Safety Policy Statement and Procedures Manual

| | | | | | | | | |
|----|--|--|--|---|---|--|---|--|
| 6 | Cut or bruise Bang on head (from boom) | Sailors | When sailing | Instant | Every time sailing | Sailing is a physical activity | Take care | |
| 7 | Strain or sprain Back Injury | Sailors Safety boat crew | When man- handling: - Dinghies Safety boats Engines Fuel cans Catering supplies | Instant | Every time there is sailing | Sailing is a physical activity | Take care | |
| 8 | Food poisoning | Anybody who eats food from the galley | When food is cooked or stored incorrectly | Single event with symptoms appearing 12 - 24 hours after eating | Never/ Once in a decade | Supply of food | Professional standards of food preparation. Kitchen cleaning regime. | |
| 9 | Burn or scald | Galley staff | When cooking | Up to 4 hours per week | Wednesday evenings in summer; Sunday lunches | Hot food requires cooking | Professional cooks. | |
| 10 | Electric Shock | All clubhouse users - members and visitors | When a person comes into contact with live wire /surface | Instant | Never/ very seldom | Electricity can kill - with the added presence of wet conditions | Qualified electricians are used. | |

Date last reviewed/amended: Dec 2023

Risk Assessments

| | Hazard (the injury) | Who is at risk? | When is the risk? | How long is the risk? | How often is the risk? | Why is there a risk? | Control Measures in place | Further Action Required |
|----|------------------------|--|--|--------------------------|------------------------|----------------------|--|----------------------------|
| 11 | Fire | All clubhouse and boathouse users - members and visitors | When a source of fuel, a source of oxygen and an ignition source combine in an unexpected way | Instant | Never/ very seldom | Fire can kill | Gas boiler is installed and serviced professionally. Galley gas burners are checked regularly. | |

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)

Health & Safety Policy Statement and Procedures Manual

| | | | | | | | | |
|----|--|--|--|--|---|--|---|--|
| 12 | Explosion from battery charging | Any person with access to the boathouse | At all times as the batteries are left on permanent charge | Instant | Ever present | Batteries are used to operate the winch | Batteries have their caps left off during charging. | |
| 13 | Traffic accident - struck by a motor vehicle | All members and visitors | When vehicles are moving in the car park | Up to 3 minutes per day per vehicle. Normally 20-30 vehicles during sailing days. Up to 70 vehicles on Open Days | Every day | We all have cars. | Drive slowly. | |
| 14 | Water quality (toxins/ biological) | Sailors (especially those that capsize) and swimmers | When in contact with lake water | 3-4 days | Once a decade | Nature. | Warning notice in clubhouse. Handwash sign displayed in Clubhouse | |
| 15 | Roller shutter doors dropping and causing injury | Any person with access to the boathouse or Training Building | When doors are raised or lowered | Approx 5 minutes per sailing day | Every time there is sailing | Minimal risk of shutter dropping if safety chain is not secured. | Shutters are raised and lowered by safety coxswains or Instructors who are aware of the safety chain usage. | |
| 16 | Submerged objects (launching trolleys) and debris causing injury | Sailors and swimmers | When launching and recovering own boats Whilst swimming | Approx 10 minutes per sailing day | Every time there is sailing or swimming | When disembarking from own boats in the water injury could be sustained from unseen obstruction. | Club bye-law requires launching trolleys to be visible on shore. | Adherence to known safe swimming routes recommended by coaches and the safety team e.g. avoiding weed and reed beds. |

Date last reviewed/amended: Dec 2023
.....

Large Event Risk Assessment Form

Event..... Date.....
Prepared by..... Dated..... Signed.....

| Hazards | Potential problems | Control Measures in place | Further Action Required | Final risk assessment |
|---------|--------------------|---------------------------|-------------------------|-----------------------|
|---------|--------------------|---------------------------|-------------------------|-----------------------|

LEIGH & LOWTON SAILING CLUB
 (A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

| | | | | | |
|---|---|---|--|--|--|
| 1 | Injury ashore while preparing for sailing | | Ensure area is safe and tidy | | |
| 2 | Injury whilst launching | Uneven foreshore Trolleys in water | Event briefing to draw attention to hazards and the need to remove trolleys from the water | | |
| 3 | Injury whilst sailing | | Entry requirements for crews to wear approved buoyancy aids at all times when afloat and the appropriate clothing in the winter months | | |
| 4 | Capsize | Fatigue, Hypothermia, or injury. Possible entrapment | Entry requirements for crews to wear approved buoyancy aids at all times when afloat and appropriate clothing in the winter months. Safety Boats provided with correct equipment. Safety Boat coxswains trained to minimum RYA Powerboat Level 2. First Aid qualified wherever possible. Each incident attended as soon as possible. | | |
| 5 | Collision | Damage to hull and possible sinking. Injury to crews. | Safety Boats provided with correct equipment. Each incident to be attended as soon as possible. | | |
| 6 | Equipment failure | May disable craft resulting in boat being towed ashore | Safety Boats keep a watch for disabled craft and attend and assist as appropriate | | |
| 7 | High winds | Could cause collisions, capsizes injuries and equipment failure | Race Officer to check weather forecast for each day's racing. It may be appropriate to cancel, postpone or abandon racing. Ensure that adequate safety cover is provided. Safety Boat Co-ordinator appointed for all events where a high entry is anticipated. In these circumstances all Safety and Coach boats (if present) will come under the direction of the Safety Boat Co-ordinator. | | |

Date last reviewed/amended: Dec 2023

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

Risk Assessments – Control of Substances Hazardous to Health (CoSHH)

| | Hazard (the injury) | Who is at risk? | When is the risk? | How long is the risk? | How often is the risk? | Why is there a risk? | Control Measures in place | Further Action Required |
|---|---|-------------------------------------|--|--|---|--|--|---|
| 1 | <p>Cleaning chemicals on the hands or skin.</p> <p>Cleaning chemical in the eye.</p> <p>Cleaning chemical ingested.</p> <p>Cleaning chemical inhaled.</p> | Cleaners (x2) on a part-time basis. | <p>When cleaning the kitchen, changing rooms, clubhouse and corridors.</p> <p>Cleaning takes place any time during the week.</p> <p>Winter – after Sunday sailing and before the next Sunday sailing.</p> <p>Summer – after Sunday sailing and before Wednesday evening sailing.</p> | Up to 2 hours per week (across all areas). | Once per week | <p>The club employs cleaners to keep the premises clean as club members have other commitments during the week/</p> <p>See the LLSC list of chemicals.</p> | <p>Exposure to each chemical is very low – similar to a residential/domestic risk.</p> <p>Ventilate the areas where cleaning.</p> <p>Use rubber gloves (washing up gloves) when handling or in contact with the cleaning materials.</p> <p>If chemicals come into contact with the skin – remove the source (and remove contaminated clothing) and rinse with water.</p> <p>If chemicals come into contact with the eye – rinse with water.</p> <p>If chemicals are ingested – drink water and see a doctor if symptoms persist.</p> <p>If chemicals are inhaled – move to a ventilated area and see a doctor if symptoms persist.</p> | <p>Periodically (annually) ask the cleaners if the chemicals used at LLSC are having any effect on their health.</p> <p>Establish if the cleaners have other cleaning jobs that may impact on their health.</p> |
| 2 | Spreading ant powder | Cleaners (x2) on a part-time basis. | Summertime when ants are active. | About 30 seconds per application. | Once per week for about 3 weeks per year. | <p>Ants inhabit cracks and crevice.</p> <p>Ant powder contains various chemicals, but the exposure time is very low (below and STEL monitoring time).</p> <p>See the LLSC List of chemicals.</p> | Exposure to each chemical is very low, almost a trivial risk. It is about the same as a domestic residential risk. | None. |

Date last reviewed/amended: Dec 2023

<https://drive.google.com/drive/folders/>

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

CoSHH – List of Chemicals

Date, 22-Mar-11
By, 011ie Shaw, Telephone 01925 765050

| Item | Location | Identification | Supplier | Manufacturer | MSDS | Precautions for use / Control measures | | | | Exposure controls (EH40) | Comments |
|------|---------------------|---|-----------------------------|------------------|------|--|----------------------|-------------------------|--------------------------|---|--|
| | | | | | | Eyes | Hands/ skin | Ingestion | Inhalation | | |
| 1 | Galley | Tesco Anti Bacterial Multi Surface Cleaner | Tesco | | Yes | Rinse | | See doctor | | None | |
| 2 | Galley and Cleaners | CIF Professional Power Cream | Any retailer | Johnson Diversey | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | Calcium carbonate dust inhalable and respirable (WEL) | |
| 3 | Galley | Tesco thick Bleach | Tesco | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | None | |
| 4 | Galley | Fairy washing up liquid | Any retailer | P&G | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 5 | Galley | Classeq Super Shine Dishwashing Rinse Aid A8 20631 | | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | None | |
| 6 | Galley | Supa Nova L6 Dishwashing Liquid | | Johnson Diversey | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | Sodium Hydroxide (WEL) | |
| 7 | Galley | Tesco Anti Bacteria; handwash | Tesco | | Yes | Rinse | Remove source. Rinse | See doctor | | None | |
| 8 | Cleaners | Flash all purpose cleaner | Any retailer | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 9 | Galley and Cleaners | Kitchen degreaser 11080 | Nationwide Hygiene Supplies | | Yes | Rinse | Remove source. Rinse | Drink water, See doctor | | None | |
| 10 | Cleaners | Flash floor cleaner | Any retailer | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 11 | Cleaners | Nationwide Kitchen Cleaner NW11220 | Nationwide Hygiene Supplies | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | None | |
| 12 | Cleaners | 4 Hygiene Kitchen Surface Cleaner NW 11220S | Nationwide Hygiene Supplies | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | None | Same product = Nation wide Surface Cleaner 11220 sold under the "4 Hygiene" brand. |
| 13 | Cleaners | B&Q ant and Insect Killer Powder | B&Q | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | | Talc (WEL), Calcium Carbonate dust (WEL), Silica respirable (WEL), Silica amorphous (WEL), Inhalable dust (WEL) | |
| 14 | Cleaners | Nationwide Pine toilet cleaner NW13040 | Nationwide Hygiene Supplies | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 15 | Cleaners | Nationwide toilet cubes NW3077 (Sanilav Urinal channel bloc | Nationwide Hygiene Supplies | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 16 | Cleaners | Parazone thick bleach | Any retailer | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 17 | Cleaners | Power force Thick bleach | Any retailer | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |
| 18 | Cleaners | Toilet descaler Nationwide NW11420 | Nationwide Hygiene Supplies | | Yes | Rinse | Remove source. Rinse | Drink water. See doctor | Go to a ventilated space | None | |

<https://drive.google.com/drive/folders/>

LEIGH & LOWTON SAILING CLUB
(A Royal Yachting Association Training Centre)
Health & Safety Policy Statement and Procedures Manual

Appendix 1 – Covid-19 Policy

This Policy is updated in line with changing legislation and RYA guidance and may be viewed and downloaded from the Club Documents section of the club website <http://llsc.org.uk/club-documents->

<https://drive.google.com/drive/folders/>

