

# To be read by all participants and spectators

## Health and Safety Policy For The Vale Of Aylesbury Sponsored Ride.

- The Organisers have the overall responsibility for the Health and Safety of the Event.
- The Event is organised in the accordance with Health and Safety Legislation. Everything reasonably practicable is done to ensure the Health and Safety and Welfare of those attending the event.
- Everybody participating in the event be they riders, spectators, organisers or helpers are to take reasonable care for the health and safety of themselves and others who may be affected by their acts or omissions during the event.
- Riders and spectators are to follow the route of the course and must not deviate across MOD property.
- Riders, in accordance with the Rules in the Ride schedule, must wear accredited headwear, body protectors and carry medical armbands.
- Participants are not to ride the course under the influence of alcohol or drugs.
- It is everybody's responsibility to immediately report any real or potential hazards – the means of communication are listed below.
- An adult must supervise children at all times.
- Dogs must be kept on a lead.
- Any participant breaching the Health and Safety Policy may be asked to leave the event.

The points of contact are:

- Chairman of the Vale of Aylesbury Sponsored Ride Committee (Mrs Ruth Cutler)
- Health & Safety Officer for the Vale of Aylesbury Sponsored Ride Committee (Mrs Ruth Cutler)
- Project Officer (Fg Off Hannah Welch)
- Any member of the organising committee plus Stewards, Checkpoint Marshals and the Secretary's office
- Any member of the Royal Air Force Halton support team

The above will have the means to call for medical assistance, veterinary assistance, fence/course maintenance or general assistance.

**In the event of a medical emergency, and time is of the essence, call 999.**

In all othe situations, report the incident to one of the above points of contact or call 07966 377698. Only call 999 as a last resort.