



Are you meeting your Health and Safety responsibilities?



[The new Health and Safety at Work Act 2015](#) (HSWA) came into effect in April 2016 and has some important implications for anyone delivering classes and activities. **It is vital that you take the time to understand the Act and your responsibilities.**

Under the Act, a business or undertaking (PCBU) must look after the health and safety of its workers and any other workers it influences or directs. It is also responsible for the health and safety of other people at risk from its work including customers, visitors, or the general public. This is called the 'primary duty of care'. There are some key things you need to consider as an activity provider, specifically:

1. Having a written Health and Safety policy.
2. Assessing the risks, and eliminating them or at least reducing them as far as it is reasonably practicable.
3. Providing documented evidence that you assessed the risks and put in place measures to eliminate or reduce them.
4. Reporting any notifiable incident to Worksafe.

[Find out more information on the Active Canterbury website](#), including a downloadable PDF which outlines the key things you need to consider.



[The new campaign from All Right? encourages Cantabrians to start developing new tiny habits](#) for their health and well-being. Order your habit stick and get your clients, customers and class participants involved. When it comes to being active, lots of small changes add up!

First Aid and CPR

Are you up-to-date? Exercise providers must ensure that the level of First Aid/CPR is appropriate and relevant to the environment and conditions in which they deliver exercise.

[The REPs website provides specific industry advice on first aid](#) provides specific industry advice for **Group Exercise Instructors, Personal Trainers, Exercise Consultants, and Facilities.**

Check out the following first aid training providers or search online:

- [St John](#),
- [Red Cross](#) and
- [City First Aid Training](#)



Education, Training and Development

Christchurch Training Workshop: Saturday 27 May

The final one in our current series! This is a workshop you won't want to miss!

Join us for an afternoon of ideas to take back to your activity sessions including circuits, fitness testing, marketing tips and latest industry updates including Maori Movement.

[Visit the Active Canterbury website for more information.](#)

Attendance is FREE and open to all activity providers in Canterbury.

Get Set Go! Courses

Learn all there is to know about organising programmes and events.

Friday 19th May: The Loft at Eastgate Shopping Centre (9.45am to 2.30pm)

Tuesday 27th June: Boardroom at Beckenham Service Centre (9.45am to 2.30pm)

Cost is \$35 per person from voluntary/not for profit organisations or \$55 per person from Business, Govt agencies etc.

[Get more details on this training workshop including how to register.](#)

Shoestring Marketing in Christchurch

Shoestring Marketing is a one-day workshop that unpacks the marketing process and gives you practical ideas on reaching your target groups.

Date and Time: Thursday 27th July, from 9.30am to 4pm

Cost: \$120 per person

[Get more information on this Exult workshop](#) or email rosie@exult.co.nz to register.



Exercise Association of NZ Roadshow Christchurch: Wednesday 21st June!

The Roadshow is designed to support New Zealand's exercise industry.

There will be two streams with two sessions for both Owners/Managers and also for Personal Trainers.

There will also be a panel discussion so that you can hear about the latest happening in our industry.

[Book now to attend the Exercise Association Roadshow!](#)



Are you keen to inspire your community and get more people biking?

Cycling NZ is offering a free one-day Ride Leader workshop on **Sunday 4th June in Christchurch.**

The course covers Grades 1, 2 and 3.

[Register your interest online](#) or contact Chris Foggin on 027 507 5393 for more information.

[The Wild Network is on a mission to re-wild childhood.](#) The network started 3 years ago and exists to grow Wild Time (time spent outdoors) in families, schools and communities.

The Wild Network have produced a film and provide lots of outdoor activity ideas on their website.

Seniors Eating Well (SEW) Snippets is a NEW customised teaching resource designed to support activity providers deliver key nutrition messages to older adults.

[Get more information about the SEW training or to book a kit](#) on the Active Canterbury website.



Copyright © 2017 Active Canterbury, All rights reserved.

To get in touch with Active Canterbury, please contact:

Nadine Milmine
Active Canterbury Network Coordinator
Pegasus Health (Charitable) Ltd
Phone: 0274 621 262
Email: nadine.milmine@activecanterbury.org.nz

We welcome your feedback and comments.