

Organization:	Fit Active Beautiful Foundation	Policy No.	SW03-02
Policy Type:	Safety and Welfare	Approved Date:	January 20, 2026
Policy Title:	Health and Safety Policy	Effective Date:	January 20, 2026

FIT ACTIVE BEAUTIFUL FOUNDATION HEALTH AND SAFETY POLICY

PURPOSE

Fit Active Beautiful Foundation (“FAB”) is committed to providing a safe, supportive, and healthy environment for all participants, volunteers, coaches, staff, and others involved in FAB programs and events.

The purpose of this policy is to establish FAB’s overarching commitment to health and safety, define accountability for health and safety oversight, and set expectations for the development and application of supporting procedures that reduce the risk of injury, illness, or harm.

DEFINITIONS

For the purposes of this policy:

- Participant – An individual enrolled in a FAB program or event.
- Coach – An individual authorized by FAB to lead or supervise program activities.
- Incident – Any event resulting in or having the potential to result in injury, illness, property damage, or harm.
- Board – The Board of Directors of Fit Active Beautiful Foundation.

SCOPE

This policy applies to all FAB directors, employees, coaches, volunteers, participants, and any other individuals engaged in FAB-sanctioned programs, training sessions, events, or activities.

RESPONSIBILITIES

Board of Directors

- Approves this policy and oversees FAB's overall approach to health and safety.
- Receives reports of material incidents and significant health and safety matters.

Secretary

- Ensures this policy is reviewed by the Board at least annually.

Executive Director

- Ensures appropriate health and safety procedures are established, implemented, and maintained.
- Ensures coaches receive required training, including first aid and CPR.
- Reviews reported incidents, identifies trends or gaps, and recommends corrective actions.
- Reports material incidents and systemic issues to the Board.

Program Coordinator

- Oversees operational implementation of health and safety procedures for programs and events.
- Ensures adequate supervision arrangements are in place.

Coaches

- Comply with this policy and all applicable health and safety procedures.
- Maintain required certifications and complete mandatory training.
- Supervise participants, respond to incidents, and report concerns promptly.

Participants

- Follow instructions, use appropriate equipment, and disclose relevant health concerns.

SAFETY PROCEDURES

Operational health and safety requirements, including supervision standards, emergency preparedness, incident reporting, and activity-specific safety measures, are documented in FAB's Health and Safety Procedures, which support this policy and may be updated from time to time.

RELATED DOCUMENTS

- FAB Health and Safety Procedures
- FAB Session Overview
- FAB Incident Report
- Participation and Legal Agreement

REVIEW AND REVISIONS

This policy shall be reviewed by the Board at least annually or following any material health and safety incident or significant change to FAB's programs or risk profile. Any amendments must be approved by the Board.