



Health & Safety Policy

Introduction

Our aim is to protect the health and safety of all members when participating in Club training and organised Club events.

The Club will:

- Endeavour to provide guidance to members verbally and make the Health and Safety Guidelines available on the Club website.
- Publish and review specific risk assessment documents where appropriate, such as for individual events or to ensure adherence with government health guidelines.
- Ensure it has enough Leaders/ Coaches to satisfy demand at training sessions and that those Leaders/Coaches are suitably informed of any member's needs.
- Provide suitable facilities for Club training sessions and Club events including First Aid and Welfare facilities.
- Ensure that any organised Club event is subject to a suitable and sufficient risk assessment.

Health & Safety Guidelines

Our Health and Safety Guidelines apply to Club training runs and organised Club events. Coaches & Run Leaders are responsible for the safe operation of their group or a specific event. Runners are responsible for their own safety and wellbeing.

We ask runners to adopt the Club's loopback policy - where more able runners, when appropriate, loop back to run with those at the back of the group. This ensures that the less able runners feel included, the more able runners enjoy a longer run, and the group stays compact. Everyone has an equally safe, inclusive and enjoyable experience.



Coaches / Run Leaders will:

- Ensure groups are kept to a manageable size with one Leader/Coach for every 10 runners.
- Know and confirm the distance of their runs (to a reasonable accuracy) in advance and not exceed this distance during the run.
- Note the number of runners at the start and finish of the run to ensure all have returned safely.
- Ensure that someone escorts runners who are unable to continue due to injury or illness back to the start.
- Ensure the planned route is safe, accessible and appropriate for all runners in their group. They will be responsible for 'on-the-go' changes to the route should unforeseen circumstances occur, such as extreme weather conditions, livestock obstruction, blocked paths etc.
- Carry a mobile phone for emergencies, or when this is not possible, ensure that someone within the group has one.
- Encourage faster runners to loop to the back of the group periodically..
- Stick to pavements with adequate lighting when time of day/night dictates.

All runners have a duty to :

- Be considerate to others in the group by not running when carrying an injury or feeling ill.
- Arrive at the session in good time so that groups can be organised and leave at the advertised times.
- Be responsible for their own warm-up and cool down.
- Before the start of the run, inform the Coach/ Leader of any known medical conditions & any responses required.
- Wear high-visibility clothing in the darker months.
- Carry their own hydration/fuel.
- Carry some form of identification and emergency contact details.
- Carry appropriate medication, as required.
- Run without headphones.



- Notify the Coach / Run Leader if leaving the group during the run for any reason.
- Cross at official road crossings wherever possible and approach all road junctions with caution.
- Cross only when safe to do so, using their own judgement rather than relying on others.
- Run no more than two abreast, especially in busy areas, and single file on roads without pavements.
- Be considerate to other pedestrians.
- Warn other runners of impending hazards such as pedestrians, dustbins, low hanging branches etc.

First Aid

All run leaders should send injured members back to the club (escorted by another runner) or to the nearest A&E for the necessary treatment, and should carry a triangular bandage, as minimum, to administer emergency first aid.

Run leaders, who renew their licence from April 2023, will have the required EA first aid certification covering a basic understanding of how to give treatment or first aid response to any minor injuries, or basic response in the event of more serious injuries, until the arrival of emergency services.

Incident Records

Any incidents should be reported to the committee member responsible for Welfare for future reference, and for making known to all Club members when appropriate. Actual incidents involving any member, or third party, shall be formally recorded with the Club Secretary.

Review date: May 2024