

Crowborough Runners Health and Safety Policy

Club Responsibility

The Club will, as far as possible, aim to protect the Health and Safety of all Members engaged in Club training and participating in Club organised activities.

Guidelines:

The scope of the Health and Safety guidelines extends to training sessions and organised Club events, such as Club runs.

In order to achieve its aim, the Club will:

- Endeavour to provide helpful guidance to Members both verbally and make the Health and Safety Guidelines available on the Club website
- Ensure that Club Coaches have appropriate training to lead Club training sessions, and provide details of the Club's Coaches on the Club website
- Provide suitable facilities and equipment 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.

Member Responsibility

It is the responsibility of Members to familiarise themselves with the Club's Health and Safety Guidance. This guidance includes advice on weather, terrain, personal limitations and protecting your fellow Club members. Members have a responsibility to do their best to:

- Prevent harm to themselves,
- Their running partners, or
- Members of the public.

Members need to acknowledge that they owe a duty of care to not wilfully injure themselves or others by their negligent acts or omissions.

Reporting

The Club relies on its Members to report any problems encountered whilst running on training routes. For example, damaged pavements, potholes, poor visibility etc.

Guidelines Review

The Health and Safety Guidelines, Club procedures and any associated Health and Safety Guidance will be reviewed, at least on an annual basis, to ensure that they remain accurate and reflect the Club ethos.

The Guidelines

All Members agree to abide by the Club's Health & Safety Guidelines, which as follows:

Safety Generally

All Club Members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members.

Consideration should be given to others, and common sense used. Members should be aware of the advice available through running magazines and other sources on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport. Advice should be sought from experts and professional practitioners outside the running club as appropriate.

Medical conditions

All Members of the Club, by participating in Club organised events, declare themselves medically fit to run at their own risk and to not hold the Club responsible for any incident occurring through a personal medical condition, or injury that has not been declared. Members should, as appropriate, request regular medical check-ups with their General Practitioner. Members with any medical conditions must agree, where appropriate, to carry with them the relevant details of;

- The condition
- Their name and address
- An emergency phone number, with contact details.

Voluntary disclosure of medical conditions shall be the responsibility of the individual Member, or their carer, in circumstances where they consider an individual Risk Assessment approach to their welfare may be appropriate.

Appropriate clothing

Members should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for the variations of terrain. When running in the dark, Members have a responsibility for making themselves highly visible by wearing bright fluorescent clothing with reflective strips/shapes and or a running light, and be aware that drivers may find it difficult to see them.

Staying together

Members running as a group must endeavour to stay together as much as possible. They must take care to listen to the proposed route before setting off. The Group Lead should ensure that a head count is taken and that a tail runner is assigned to ensure that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping should take place at appropriate intervals along the route to ensure that no one individual gets left behind. If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group. Upon returning to the start the group lead should check that everyone who started out has returned, or can be accounted for.

Road Sense

Routes shall be planned to avoid unlit roads at night during hours of darkness. Routes passing along roads without footpaths shall be avoided, wherever possible, and when this is not possible runners shall run to the right to face any oncoming traffic, or to the left at bends where forward visibility to the right is limited.

First Aid

Members shall familiarise themselves with any individuals who have a recognised Emergency First Aid qualification within the club.

Club Events

All events organised by the Club shall be kept under review and, if necessary, allocated members are to undertake and record risk assessments and event Health and Safety Plans. All events shall be staged in accordance with the rules and guidelines stipulated by England Athletics and their insurers.

Incidents

Whenever it is reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, members should first check if anyone is injured and, if possible, locate an Emergency First Aider. When possible, at least one member is to stay with the injured person, who should not be moved unless their location is immediately life threatening. If appropriate, emergency services should be contacted using 112 from a mobile phone as this will record your location. Alternatively use 999. Finally, a member of the Committee should be informed as soon as is practically possible, in order that relatives can be informed and record of the incident made.

Incident records

Any incidents must be reported to a Club Committee member 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 a Committee Member, in accordance with England Athletics guidelines.