

# St Austell Athletes Running Club – Health and Safety Policy



## **Club Responsibility:**

As far as possible, the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club runs and events.

## **Guidelines:**

The scope of the Health and Safety guidelines extends to training sessions and organised Club events. In order to achieve its aim, the Club will:

- Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club Whatsapp/Facebook Group.
- Ensure that Club coaches have appropriate training to lead Club training sessions, and provide details of the Club coaches on the Club Whatsapp/Facebook Group
- Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment.

## **Member Responsibility:**

Members should familiarise themselves with the Health and Safety Guidance located on the club website. This Guidance includes advice on weather, terrain, personal limitations and protecting your fellow Club members. As members you have a responsibility to do your best to prevent harm to yourselves, your running partners or members of the public. As members you should acknowledge that you owe a duty of care to not wilfully injure yourselves or others by your negligent acts or omissions.

## **Reporting:**

The Club relies on its members to report any problems encountered whilst running on training routes. For example, dangerous styles, 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 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.

**Appropriate clothing:**

Members should understand the value of wearing appropriate clothing for the time of the year and appropriate shoes for any variations in terrain. When running in the dark members should take responsibility for making themselves highly visible by wearing bright clothing, preferably with fluorescent or reflective strips, and be aware that drivers may find it difficult to see you. Head/Chest torches are also advisable.

**Staying together:**

The group endeavour to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The run leader should ensure that a head count is taken (via Run Together App).

Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind. The Run Leader will employ looping as required to ensure the group stays together. This will be either as required or by agreed landmarks/waypoints along the planned route.

If anyone decides to leave the group whilst out on the run, they must inform the Run Leader. 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 during hours of darkness. Where possible stick to the pavements when running. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads) 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:**

Run Leaders shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the club. (Run Together app).

**Incidents:**

Whenever 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 locate an emergency first aider. It is advisable for at least one member 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 it will record your location; alternatively use 999. Finally, a member of the committee, should be informed as soon as is practically possible by contacting them directly in order that relatives can be informed and incident records made.

**Emergency Contact: Gavin Rowett (Club Sec) 07809468428. [staustellathletes@gmail.com](mailto:staustellathletes@gmail.com).**

**Incident records:**

Any incidents should 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.

**Club Events:**

All sports events organised by the club shall be kept under review and if necessary allocated members shall 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 the UK Athletics.

**Endorsement:**

These guidelines are endorsed by all Committee Members and Club Members of St Austell Athletes Running Club through their new or continued membership of the club.