



Health and Safety Policy

Health & Safety Guidelines for Hinckley Running Club members

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 competition.

Guidelines: The scope of this policy extends to club training sessions and club organised social runs only. It does not extend to social events which take place after any runs, training sessions, or any other events organised by the Club. The policy also does not apply to Club members when taking part in or attending a race or other event not organised by the Club. Club members shall abide by any policy, rule or requirement set down by the organisers of that race or event.

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 website.
- Ensure that Club coaches have appropriate training to lead Club training sessions, and provide details of the Club 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 race or Club event is subject to a suitable and sufficient risk assessment.

Member Responsibility: Members should familiarise themselves with this Health and Safety Policy. 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 stiles, damaged pavements, potholes, poor visibility etc.

Guidelines Review: The Health and Safety Policy will be reviewed, at least on an annual basis, to ensure that it remains accurate and reflects 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. Consideration should be given to others, and common sense used. Members should be aware of the advice available through running resources 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 declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury. As appropriate, members should request regular check-ups with their General Practitioner. Members with any serious medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number 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 should take responsibility for making themselves highly visible by them wearing bright fluorescent clothing with reflective strips/shapes and please be aware that drivers may find it difficult to see you.

Staying together: The group endeavour to stay together as much as possible. Members should make themselves aware of the proposed route before setting off. All members are responsible for ensuring that no one individual gets left behind. 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. If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group.

Road Sense: Routes shall be planned to avoid unlit roads at night during hours of darkness where possible. 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: Members shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the club.

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 England Athletics and their insurers.

Incidents: 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 in order that relatives can be informed and incident records made.

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 in accordance with England Athletics guidelines.

Policy Revision History

| Version | Date of Issue | Summary of changes |
|----------------|----------------------|---------------------------|
| 1.0 | 11 Oct 2022 | — |