



## Health & Safety Checklist

This is not an exhaustive list of what runners and the club should adhere to, however, it is intended to help YWR coaches promote awareness to runners in taking responsibility of their own health and safety. This checklist will be carried out in a variety of ways, from visual checks, to verbal communication with athletes at the start of and during the session. Athletes should adhere to YWR Health & Safety Policy.

- ✓ Appropriate Footwear
  - road/off-road/track
- ✓ Appropriate Clothing
  - Summer/Winter.
  - High Visibility/Reflective in the dark
  - Arm Lights and head torches for out of town runs.
- ✓ Health & Wellbeing
  - Injuries
  - Pace/Distance appropriate
  - New runners (Buddy system)
  - Head count of group during run
- ✓ Emergency First Aid
  - First Aid Kit at base
  - Each coach/run leader to carry first aid and fully charged mobile phone on EVERY run.
  - Any incident/near miss/medical assistance to be reported to the lead coach and committee.
  - Group leader to head count runners in their group at end.

We are also committed to reviewing our policy and good practice annually.

Chairman's Signature: 

Adopted on: 01 September 2022

Review date: September 2023