



Health & Safety Policy for Running during Club Meeting Times

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 or junior members. Remember above all use common sense and give consideration to others.

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. Members with any 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. VI runners run with trained VI Guide wearing appropriate identifiable clothing.

Running in the dark:

When running in the dark make yourself highly visible by wearing bright clothing, preferably with fluorescent or reflective strips. Be aware that drivers may find it difficult to see you. Out of town runs, members must wear head torches. Other light equipment – eg LED armbands, trainer lights are additional to the head torch.

Staying in groups:

When preparing to set off, ensure you or at least two other members in your group are familiar with the proposed route. Each member shall make a head count within each group to ensure that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping shall take place at appropriate times along the route and also when a change of direction is being made 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, check that everyone who started out has returned or can be accounted for.

Junior welfare:

The Club does not currently accept Junior runners (under 18 years of age) as members or on Club runs

The Club maintain Child safeguarding and Adult safeguarding Policies and the club's Welfare Officers are Kathryn Hammond and Simon Matson. Both adhere to the Code of Conduct for Welfare Officers and have undergone a Time 2 Listen and safeguarding course.

Road Sense:

Take particular care when crossing side roads and driveways. 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. Out of town head torch runs will be well planned and all members must wear a head torch. The whole group must stay together until it is safe to split again into varied paces and distances.

First Aid:

The four qualified coaches all carry first aid equipment on all runs. First aid will be offered to members although this will be delivered by a common sense approach. All medical interventions will be reported to the Lead coach and committee.

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.

Incidents:

Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, first check if anyone is injured and locate an emergency first aider. Try not to leave the injured person unaccompanied. For serious injuries do not attempt to move the injured person unless their location is immediately life threatening. If appropriate contact emergency services, using 112 from a mobile as it will record your location or use 999. Finally inform a member of the committee as soon as practically possible by contacting a committee member directly in order that relatives can be informed and incident records made.

Incident records:

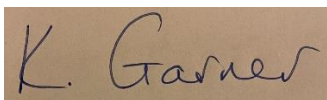
Any 'near miss' incidents should be reported to a committee club member for future reference and for making known to all club members when appropriate. Actual incidents involving any member or third party shall be formally recorded with a committee member

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

Chair's Signature:



Secretary's Signature:



Adopted on: 01-09-2022

Review date: September 2023