

Health and Safety Policy

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

The Club Committee has a responsibility for duty of care for club activities and seeks to ensure our health and safety arrangements are fit for purpose.

The following guidelines have been prepared by the Committee to ensure, as far as possible, the safety of club members and the general public during club training runs.

Liability insurance for club activities is provided through UK Athletics.

Road Sense

- Participants, whether in a training run or race, will abide by the Highway Code, be aware of other road users and pedestrians to ensure no nuisance or inconvenience to them is caused
- If it is necessary to run in the road, for example where no pavement is available, runners should face oncoming traffic and run no more than two abreast, or preferably in single file
- Allow the faster groups of runners to go off first to avoid unnecessary overtaking or straying off pavements
- Avoid congregating in large groups between training efforts which may cause a hazard to other road users and pedestrians
- There will be a group briefing before the run to explain the route, and any safety aspects. The group (or groups, where runners split into different groups depending on distance and/or speed planned) should endeavour to stay together as much as possible, and participants should listen carefully to the proposed route before setting off. If appropriate, a tail runner can be nominated to ensure no one gets left behind
- Warn other runners nearby of impending hazards such as obstructions, low-hanging branches, brambles, potholes, etc.
- If it is necessary for a runner to leave the group, they should ensure that the run leader is informed.

Appropriate Clothing

- Reflective vests or clothing must be worn by members participating in club training runs at times of year when the run will take place mainly or partly in darkness.

- Club training sessions during dark winter nights should be run in well lit areas, the only exceptions being for head torch runs where runners should ensure they are wearing reflective clothing and using head or chest torches
- In adverse weather conditions, members must take extra care and be vigilant to additional risks such as slippery or uneven surfaces
- In hot weather conditions members should take care to ensure they do not become dehydrated and check for signs of this
- Members should exercise common sense for personal safety issues, for example wearing appropriate footwear for the terrain, carrying water and provisions on long training runs
- No headsets should be used during training sessions or running events to ensure that participants are aware of any instructions given.

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 agree not to run if they are feeling unwell or displaying symptoms of any transmittable disease (e.g. Covid).
- Members should take responsibility for ensuring any injuries resulting from running are adequately treated or advice sought from qualified practitioners
- 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.
- Members should ensure they are aware of individuals who have a recognised emergency first aid qualification within the Club.
- In the event of an adverse accident, the session leader should be informed so that a suitable response to the accident can be co-ordinated, together with the assistance from any club members present who may have appropriate expertise. All run leaders should carry a phone for this purpose.

Incident Records

Any incidents occurring will on a club run should be reported to a member of the Committee.

Annual Review

The contents of this policy will be reviewed every 3 years.