

# Denmead Striders Health & Safety Policy August 2024



## **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.

The scope of the Health and Safety guidelines extends to training sessions and organised Club events.

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.
- Publish and review specific risk assessment documents where appropriate, such as for individual events or to ensure adherence with government health guidelines.
- Ensure that additional risks associated with leading groups such as darkness and adverse weather conditions are considered, mitigated, and shared with members.
- Ensure that Club coaches and run leaders are suitably experienced to lead Club training sessions and groups.
- Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- Ensure that any organised sporting event is subject to a suitable and sufficient risk assessment.

## **Member Responsibility**

Members will:

- Familiarise themselves and abide by the Health and Safety Guidance located on the Club website when they join and on annual renewal of membership. This Guidance includes advice on weather, terrain, personal limitations and protecting fellow Club members.
- Do their best to prevent harm to themselves, running partners or members of the public.
- Acknowledge that they owe a duty of care to not willfully injure themselves or others by negligent acts or omissions.

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.

## **Policy and Guidelines Review**

The Health and Safety Policy and Guidelines will be reviewed on an annual basis to ensure that they remain accurate and reflect the Club ethos.

## **The Guidelines**

All members agree to abide by the Clubs 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.

In adverse weather conditions, members must take extra care and be vigilant to additional risks such as slippery or uneven surfaces.

Members should exercise common sense for personal safety issues including hydration and the treatment of strains and injuries due to participation in the sport.

If additional advice is required, members should seek advice from experts and professional practitioners outside the running Club as appropriate.

Only bone conducting headphones may be used during any training session or running event in which Club members may participate as this can obstruct and hinder 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 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.

## 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.

It is advisable during the autumn and winter months that members consider wearing head torches, chest torches or use actual torches to improve their own visibility when running and to also make themselves more visible to any drivers, cyclists, and members of the public.

Appropriate footwear should be worn at all times and consideration should be given to the surface being trained on (e.g. shoes with extra traction for running on the grass or trails). It is the responsibility of members to check the website or social media to ensure that the correct footwear is worn for the planned training.

Failure to wear appropriate clothing may result in you being unable to participate in a Club run due to risk.

## Staying Together

On certain training sessions, a tail runner may be assigned to ensure that no one individual gets left behind. However, runners should be aware that this is not always possible.

If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group who then must ensure that the run leader is made aware.

Run leader should carry a mobile phone to be able to call for help if required.

## Road Sense

Routes shall be planned to avoid unlit roads at night during hours of darkness.

On roads without footpaths 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.

The run leader will ensure the safety of the group when crossing any main roads and ensure members are across safely before carrying on the session.

## First Aid

Members should familiarise themselves with any individuals who have a recognised emergency first aid qualification within the Club.

All run leaders should either have the means to send the member back to the Club or the nearest A&E for the necessary treatment, or carry the suggested of first aid items.

The run leaders will have a basic understanding of how to give treatment or first aid response to any minor injuries or basic response in the event of more serious injuries until the arrival of emergency services.

## Incident Records

Any incidents should be reported to the committee member responsible for Health and Safety (Vice Chair) 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.

## Endorsement

These guidelines are endorsed and annually reviewed by all Committee Members.

## Date of Next Review

August 2025