TUNBRIDGE WELLS HARRIERS

HEALTH AND SAFETY POLICY (v3 October 2023)

ENGLAND ATHLETICS CLUB STANDARD No 7

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 policy extends to all club training sessions and organised Club events.

To achieve its aim, the Club will, via the Committee:

• Make the Health and Safety Policy 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 facilities.

• Ensure that any organised Club event is subject to a suitable and sufficient risk assessment.

MEMBER RESPONSIBILITY

Members will:

• On application for club membership (and at membership renewal) confirm acceptance of responsibility for their own personal health and safety

- Familiarise themselves and abide by the Health and Safety Policy guidelines located on the Club website when they join and on annual renewal of membership. This includes advice on weather, terrain, personal limitations and protecting fellow Club members.

• Ensure they are familiar with any published run routes and carry personal copies when they are unclear of the full route

- 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 wilfully injure themselves or others by negligent acts or omissions.

The Club relies on its members to report any problems encountered whilst participating in activities organised by the club.

POLICY REVIEW

The Health and Safety Policy will be reviewed on an annual basis by the Club Committee, at the beginning of each calendar year.

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TUNBRIDGE WELLS HARRIERS

HEALTH AND SAFETY POLICY GUIDELINES (v2 19.10.2023)

POLICY GUIDELINES

All members agree to abide by the Clubs Health & Safety Policy 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.

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.

No headsets or music players to 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.

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 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.

It is the responsibility of members to wear appropriate footwear 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).

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

STAYING TOGETHER

Members should familiarise themselves with any proposed route before setting off and/or carry a physical copy if they are uncertain.

Members should take responsibility to maintain contact with other runners within a group, ensuring nobody is left isolated at the back of a group.

If anyone decides to leave the group whilst out on the run, it is recommended that they inform at least one other runner in that group if it is reasonable to do so.

During off road group runs, where possible regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind.

ROAD SENSE

Route maps will show hazards such as unlit roads, during runs in the 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.

FIRST AID

The club will ensure first aid packs, or access to first aid facilities, are available on site as deemed appropriate for individual club sessions.

INCIDENT RECORDS

Any incidents should be reported to the Duty Manager, or any committee member in attendance, 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