



St Neots Riverside Runners Health & Safety Policy

Club Responsibility

As far as possible, St Neots Riverside Runners will aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

Guidelines

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

In order to achieve its aim the Club will:

- Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines and Risk Assessment available on the Club website
- Ensure that Club coaches have appropriate training or experience to lead Club training sessions, and provide details of the Club coaches on the Club website
- Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment.

Member Responsibility

Members should familiarise themselves with the Health and Safety Guidance and Risk Assessment located on the club website. This includes advice on weather, terrain, personal limitations and protecting your fellow Club members.

As members you have a responsibility to do your best to prevent harm to yourselves, your running partners or members of the public.

As members you should acknowledge that you owe a duty of care to not willfully injure yourselves or others by your negligent acts or omissions.

Reporting

The Club encourages its members to report any problems encountered whilst running on training routes. For example, damaged footpaths/track, areas of poor visibility, overgrown vegetation etc.

Guidelines Review

The Health and Safety Guidelines and Risk Assessment will be reviewed, at least on an annual basis, to ensure that they remain accurate and reflect the Club ethos.

The Guidelines

All members agree to abide by the Club's Health & Safety Guidelines as follows: 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.

Members should be aware of the advice widely available in published literature on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport.



Advice should be sought from experts and professional practitioners outside the Club as appropriate.

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.

As appropriate, members should request regular check-ups with their General Practitioner. 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 fluorescent clothing, preferably with reflective strips, and be aware that drivers and other members of the public may find it difficult to see you.

Staying together

The group endeavor to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The group lead should ensure that a head count is taken and ensure that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route 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 the group lead should check that everyone who started out has returned or can be accounted for.

Road Sense

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

First Aid

Members shall familiarise themselves with any individuals who have a recognised sports first aid qualification within the Club. These are listed on the Club website.

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. All events shall be staged in accordance with the rules and guidelines stipulated by the event insurers.



Incidents

Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, members should first check if anyone is injured and if possible locate a first aider.

It is advisable for at least one member to stay with the injured person, who should not be moved unless their location is immediately life threatening. If appropriate, emergency services should be contacted using 999.

If required, a member of the committee should be informed as soon as is practically possible in order that relatives can be informed.

Incident/accident records

Any incidents or accidents should be formally recorded on the Accident/Incident Form which is available on the Club website.

Endorsement

These guidelines are endorsed by all Committee Members and Club Members of St Neots Riverside Runners through their new or continued membership of the club.

