



Health and Safety Policy

Policy Statement

Sinfin Running Club is strongly committed to encouraging our members to take part in our activities and the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability and expect our athletes to participate within these boundaries. As volunteers we do our best to fulfil our duty of care, however we acknowledge that members take part in all sessions at their own risk.

Health and Safety Policy

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular risk assessments of the club activities and review following any incident or change in practice.
- Provide a safe environment by putting health and safety measures in place as identified by the assessment.
- Run Leaders / Coaches
 - Will communicate any identified risks and the control measures for safe running.
 - Will provide clear instructions and information in advance of all activities.
 - Will carry a mobile phone in case of emergencies.
- A first aid kit will be available at the meeting point of an official club run for self-administration by an injured person.
- Log any injuries sustained during a club activity so that measures can be put in place to avoid further occurrences.
- Ensure that training is given to ensure that Health & Safety responsibilities are understood so they can be implemented effectively.
- Provide and maintain safe equipment for Club activities, sessions, events, and administrative duties.
- Implement any emergency procedures to ensure the safety of all.
- Ensure that this policy is reviewed regularly and monitored for effectiveness.

As a Club Member you have a duty to:

- Take reasonable care for your own health and safety and that of others (such as other runners and members of the public) who may be affected by what you do or not do. Taking part in sessions at your own risk.
- Disclose any relevant health (or other) information to the Run Leader / Coach at the start of each session.
- Attend sessions with the appropriate equipment – e.g. Wearing fluorescent clothing or head / chest torches in the winter / low light evenings. Wearing footwear appropriate for the weather conditions.
- Co-operate with the club on health and safety issues. Bringing any issues to the attention of the Run Leader / Coach.
- Report any injuries, accidents or issues sustained during any club activity.
- Correctly use any equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

Overall responsibility for this policy sits with the club committee who will review following any incidents or when any substantial changes are required.

Signed

Duncan Cowie

Sinfin Running Club Chairman

Date

25th July 2024

Date of Next Review: July 2026