



Health and Safety Policy

1. Statement of Intent

South Derbyshire Road Runners (the 'Club') will endeavour to provide a safe and healthy environment to take part in the sport of running and any associated Club activity.

2. Policy

The aim of this health and safety policy is to ensure the Club:

- Creates a safe and healthy environment for Club activities and events.
- Ensures that responsibilities for the management of safety are defined.
- Undertakes and reviews risk assessments for Club activities such as training and events arranged by the Club ensuring that any mitigating actions are communicated and in place.
- Ensures that members and participants are aware that running is an 'Assumed risk sport', that may carry attendant risks, and members and participants should be aware of and accept these risks, and be responsible for their own actions.
- Ensure that all members are aware of, understand and follow the club's health and safety policy and rules.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by members.
- Report any injuries, accidents or near misses sustained during any club activity or event.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

3. Organisation and Responsibility for Carrying out the Policy

The Chairperson, supported by the Club Management Committee has overall responsibility for safety of the Club.

Run Leaders are in charge of safety matters related to the delivery of led or coached activities arranged by the Club.

The Club Management Committee is responsible for the safety of any Club equipment.

4. Arrangements for health and safety



The Management Committee will ensure that risk assessments are in place for Club activities and events organised by the Club.

Risk Assessments for general Club activities such as training will be reviewed by the Management Committee after an incident and, annually in the month of September. The Management Committee will review risk assessments for one off events before each event takes place.

Club rules will include health and safety guidelines for Members including mitigating actions that require acting by Members identified through risk assessments..

The reporting and recording of accidents and dangerous incidents/near misses
Accidents and Incidents/Near Misses will be via the Health and Safety Incident Report Form.

5. Incidents

In the occurrence of any serious incident and in every event where the emergency services being called the Club Chairperson or, in his/her absence another of the Management Committee must be contacted as soon as possible after the incident occurs.

6. Safeguarding

If a Club Member, Official or Run Leader is made aware of or has concerns about a safeguarding issue the Club will follow the process for reporting recommended by the National Governing Body, English Athletics.

<https://www.englandathletics.org/welfare/safeguarding/>

7. Equipment & Premises

The Club does not own or manage any premises.

Equipment will be checked before use by the activity or event leader and, if damaged and unsafe to use, should be brought to the attention of the Management Committee for repairs to be arranged.

8. Codes of Conduct

Codes of Conduct will be available to encourage sound and safe practice in the Club's activities.

9. New Members, officials and run leaders

When a new Member joins the Club it is important to ensure that the Member understands the Club management structure, where to find out more information, key contacts and the key policies and procedures.

Information about where to find the above will be included in the Club Membership Form.



10. Employees

If at such time the Club were to become an Employer, Club Policies and Procedures will be reviewed as appropriate

11. Photography and Filming

The Club recognises that publicity and pictures/ recordings of people enjoying running and walking are essential to celebrate the achievements of the Member and to promote the sport and a healthy lifestyle.

The Club will follow the [guidelines](#) adopted by the English Athletics for use of Photographic & Filming Equipment and will include permission to take photographs within its membership form.

12. Members Health

Members are expected to notify the Club if regular medication is being taken or, if they have any medical issue that could affect their participation in Club activities. (i.e. heart condition, asthma, etc.)

Members should ensure that personal medical and contact information is available to the Run Leader by recording them in the connectmyClub app.

13. Training

The Club's Run Leaders for Club activities and events will, wherever possible be qualified to Leadership in Running Fitness or higher and will follow guidance by English Athletics for the delivery of safe activities.

Run Leaders will follow the Club's relevant risk assessments for the activity taking into account the need for dynamic risk assessments for changes that occur before or during the event. Run Leaders may choose to cancel activities where participant safety is at risk due for example to weather or other circumstances that may occur on the day. These occurrences will be recorded in the connectmyClub app.

Approved By	David Walters	Date	16/3/2024	Next Review Date	16/3/2025
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Date	Revisions	By
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South Derbyshire Road Runners
