



Cardigan Running Club Health & Safety Policy

Cardigan Running Club is committed to encouraging members to take part in all club activities, with the health, well-being and safety of each person being a paramount concern. We recommend basic advice on running safely and expect our members to participate within these boundaries.

Health and Safety Policy:

To support our Health and Safety policy statement members of the club Committee are committed to the following duties:

- Undertake regular, recorded risk assessments on key routes undertaken by the club,
- Create a safe environment by putting safety measures in place as identified by the assessments,
- Ensure that all members are given the appropriate guidance in respect of running safely,
- Ensure that all members are aware of their duty of care to each other,
- Ensure access to appropriate first aid facilities (i.e. befitting of a local running club),
- Encourage the reporting of injuries or accidents sustained during any club activity.

Club Members Responsibilities

- Ensure you are running safely at all times and keeping to the pavement / route as directed by the run leader,
- Warn other runners around you of impending hazards, pedestrians, brambles, obstructions etc,
- To inform key members/run leader of any minor health issues which might affect your ability to participate in planned activities,
- Inform the run leader if you have any significant medical issue which may lead to problems during the run.

First Aid

- All club Run Leaders are encouraged to become qualified in basic first aid
- Run Leaders who are qualified in first aid will carry a small, basic first aid supplies and a mobile phone during group runs.

- A larger more comprehensive first aid kit will be kept at Cardigan Rugby Club (club venue).