

HI Runners Health and Safety Policy

Introduction

HI Runners is strongly committed to encouraging its members to take part in running and other such activities capable of improving health and fitness. The health, well-being and safety of each individual is always our primary concern. We believe in and follow England Athletics guidance, ensuring appropriate levels of training and risk assessment for led sessions.

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.

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. Advice should be sought from professional practitioners outside the running club as appropriate.

Members should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for the variations of terrain.

We recommend levels of training dependent on age and ability. While the club is for those over the age of 18 we expect any junior athletes participating in social runs under the supervision of a parent or guardian to also participate within these boundaries.

Health and Safety Policy

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

- Undertake regular, recorded risk assessments of activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure led sessions are appropriate / can be adapted for all abilities unless clearly stated to participants.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- While health and safety is the responsibility of the entire committee, a named member will act as Health and Safety Officer and assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid as identified in session risk assessments.
- Report any injuries or accidents sustained during any club activity to the Coach or Run Leader leading the session.

- Ensure that the implementation of the 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 who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.