

# 445 RUN CLUB

## HEALTH AND SAFETY POLICY

### **Health and Safety Guidelines for 445 Run Club (“the policy”)**

445 Run Club (the club) takes the health and safety of its members very seriously. The objective of this policy is to, as far as possible, protect the health and safety of all participants engaged in club activities as well as other parties that participants come into contact with whilst engaged in organised club activities.

#### **Club Responsibility.**

The club will endeavor to provide helpful guidance to participants verbally and make Health and Safety Guidelines available on the club website.

Ensure that team leaders have appropriate training to lead club activities and to provide details of the team leaders on the club website.

Ensure that all organised club events are subject to a suitable and sufficient risk assessment.

#### **Participant Responsibility**

All participants should;

- familiarise themselves with the Health and Safety Policy and Guidelines located on the club website.
- do their best to prevent harm to themselves, other participants and members of the public.
- acknowledge that they owe a duty of care to not wilfully injure themselves or others by their negligence.

The club relies on the Team Leaders and participants to report any problems encountered whilst running, for example damaged pavements, potholes, poor visibility and any other possible hazards.

#### **Guidelines Review**

This policy, club procedures and any associated Health and Safety Guidance will be reviewed on an annual basis to ensure that they remain accurate and reflect the club activities.

## **The Guidelines**

### **All participants agree to abide by the Club's Health and Safety Guidelines as follows:**

#### General Safety

- All participants must take personal responsibility for their safety, whilst keeping a watchful eye on others running in the group, particularly new participants. Consideration should be given to others, and common sense used.
- In adverse weather conditions, members must take extra care and be vigilant to additional risks such as slippery or uneven surfaces.
- Participants should exercise common sense for personal safety issues including hydration and treatment of injuries. If advice is required, members should seek advice from experts and professional practitioners outside of club as appropriate.
- Participants should refrain from wearing headsets or other items that can obstruct or hinder instructions given or awareness of their surroundings.

#### Medical Conditions

- All participants declare themselves medically fit to run at their own risk and shall not hold the club responsible for and incident occurring through a personal medical condition or injury.
- All participants should carry with them where relevant details of any medical conditions and should also carry names and contact numbers of emergency contacts.
- Voluntary disclosure of medical information shall be the responsibility of each individual

#### Appropriate Clothing

- All participants should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for the terrain.
- When running in darkness participants should take responsibility for making themselves highly visible by wearing 'hi-viz' clothing with reflective strips or shapes.

- It is advisable for participants that wearing head torches, chest torches or the use of actual torches to improve their own visibility when running and to make them more visible to any drivers, cyclist or members of the public is recommended.

### Staying Together

- Running groups should endeavor to stay together as much as possible.

### Road Sense

- Routes should be planned to avoid unlit roads during the hours of darkness.
- Routes along roads without footpaths shall be avoided and where possible runners shall run to the right to face on-coming traffic.
- When crossing roads All participants exercise commonsense and courtesy to all other road users and members of the public.

### First Aid

- Team Leaders should familiarise themselves with any participants who have recognised First Aid qualifications and should where possible have a record of their contact details in case of an accident or emergency.

### Incidents

- In the event of an incident, participants should firstly check if anyone is injured and locate the Team Leader, and First Aider (if present)
- It is advisable for one person to stay with the injured person, who should not be moved unless their location is immediately life threatening. If necessary emergency services should be contacted.
- Following the incident the Team Leader should ensure that the incident is reported to the Committee as soon as practical.

### Club Events

- All events organised by the club shall be kept under review and if necessary Team Leaders shall undertake and record risk assessments and Event Health and Safety Plans.

## Endorsement

- These guidelines are endorsed and annually reviewed by Committee members.

## Date of Next Review

- February 2025