

Kimberley & District Striders Running Club

Health & Safety Policy for Running during Club Meeting Times

All members agree to abide by the Club's Health & Safety Guidelines as follows;

Safety generally:

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 or junior members. Remember above all use common sense and give consideration to others.

Medical conditions

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. Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact details. Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

Running in the dark:

When running in the dark make yourself highly visible by wearing bright clothing, preferably with fluorescent or reflective strips. Be aware that drivers may find it difficult to see you.

Staying in groups:

When preparing to set off, ensure you or at least two other members in your group are familiar with the proposed route. Each member shall make a head count within each group to ensure that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping shall take place at appropriate times along the route and also when a change of direction is being made to ensure that no one individual gets left behind. If anyone decides to leave the group whilst out on the run, they **MUST** inform at least one other runner in that group. Upon returning to the start, check that everyone who started out has returned or can be accounted for.

Junior welfare:

Junior runners (under 18) shall be accompanied by at least two club members allocated to ensure their safety, at least one of which shall have completed a Criminal Record Bureau (CRB) disclosure cleared through the ARC and whenever possible shall carry emergency contact details on behalf of the junior member. Members who accompany juniors should consider running sensible distances which are suitable for younger members. Juniors must not be allowed to lead the group (unless the route ahead is clear and safe to do so). Unless prior arrangements have been made, parents / carers shall be responsible for transporting their child(ren) to and from training and club events. The club has adopted a Child Welfare Policy in accordance with the ARC guidelines. Children below the age of 13 shall not be permitted to join due to their potential limitations of safety awareness during road running.

Road Sense:

Take particular care when crossing side roads and driveways. Routes shall be planned to avoid unlit roads at night during hours of darkness. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads) runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited.

First Aid:

Members shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the club.

Club Events:

All sports events organised by the club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and Event Health and Safety Plans. All events shall be staged in accordance with the rules and guidelines stipulated by the ARC and their insurers.

Incidents:

Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, first check if anyone is injured and locate an emergency first aider. Try not to leave the injured person unaccompanied. For serious injuries do not attempt to move the injured person unless their location is immediately life threatening. If appropriate contact emergency services, using 112 from a mobile as it will record your location or use 999. Finally inform a member of the committee as soon as practically possible by contacting a committee member directly or phoning the leisure centre on 0115 917 3366 in order that relatives can be informed and incident records made.

Incident records:

Any 'near miss' incidents should be reported to a committee club member for future reference and for making known to all club members when appropriate. Actual incidents involving any member or third party shall be formally recorded with a committee member in accordance with ARC guidelines and using the **ARC Incident Report Form** which is available to download from the club website or via ARC.

Endorsement:

This Policy is endorsed by all Committee Members and Club Members of Kimberley & District Striders Running Club through their new or continued membership of the club.