

LEDBURY HARRIERS

HEALTH & SAFETY POLICY AND ARRANGEMENTS

This policy must be brought to the attention of every member of the club and a copy given to every new member on joining the club.

It is the policy of Ledbury Harriers to encourage current and new members of the club to actively participate in the clubs organised activities and routine club runs. In so doing the club will ensure, so far as is reasonable practicable, the Health and Safety of all members and others who may be affected by the club activities.

Club members must adhere to all arrangements made to comply with this policy and are encouraged to report anything that may have an impact on the health and safety of club members or others.

Only through mutual co-operation with this policy and the arrangement made under it, will health and safety be ensured.

Arrangements made to implement this policy include:

1. Suitable Lead Runners will be appointed for each running group, they will, so far as is reasonably practicable, ensure the safety of the group whilst participating in organised club runs.
2. Members of the groups must comply with the appointed Lead Runners instructions to ensure the Health and Safety of themselves and other members of the group.
3. Lead runners will monitor the performance of the group members and adjust the run appropriately; no one runner must ever be left alone, particularly if they are seen to be experiencing difficulty.
4. Lead runners will be offered the opportunity for recognised training and be chosen by virtue of their ability and suitability for the role.
5. Risk assessments will be undertaken of each activity organised by the club. Such assessments will be undertaken by the most appropriate club member who has the necessary knowledge and experience. Where appropriate expert advice may be sought.
6. All risk assessments must be brought to the attention of any person to which they apply. The Club Committee will regularly review all Risk Assessments.
7. The club will provide access to suitable first aid provision including the appointment of trained first aiders.
8. The Club Committee will review all incidents and accidents that occur in order to identify the root cause/s and implement procedures to prevent re-occurrence.
9. The Club Committee will review this policy at least annually to ensure its continued suitability.

Club Members Health and Safety Duties

1. Club members must take care for the health and safety of themselves and others who may be affected by their acts or omissions.
2. They must co-operate with the club committee and bring any shortcomings in health and safety arrangements to their attention.

3. They must comply with all instructions given by lead runners
4. They must not interfere with anything provided in the interests of health and safety
5. They should assess their own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter.
6. Novice members of the club are encouraged to make lead runners aware of any medical condition or injury that may impair their ability.
7. Runners must wear bright high visibility clothing when running in poor light conditions and adhere to good road safety practices.
8. All accidents and incidents with the potential to cause harm must be reported to a member of the club committee.

Date drafted **13th January 2017**

By: **Peter Jackson (Health & Safety Officer)**

Date authorised:

By:

Review date due: **January 2018**