



Easingwold Running Club

Health and Safety Policy

This is the Health and Safety policy statement of Easingwold Running Club dated 19 April 2023

General Statement

The committee of Easingwold Running Club will use all reasonable measures to protect the Health and Safety of club members and guests when they are engaging in club activities.

Such measures will include, but not be limited to:-

- The use of England Athletics qualified coaches and run leaders to supervise club training sessions and group running
- The development of Risk Assessments as required for club activities which will be published on our website
- The planning and use of safe running routes
- The ability to access emergency assistance and, to the extent possible, to administer first aid during all club activities
- The reporting of accidents and incidents to UK Athletics via their on-line reporting system

Member Responsibilities

- Familiarise themselves with the club Health and Safety Policy and Risk Assessments when joining the club and when renewing membership
- Take all reasonable measures to ensure the safety of themselves, other club members and third parties
- Declare themselves medically fit to run at their own risk
- Members with medical conditions agree, where appropriate, to carry with them the relevant details of such medical conditions together with their contact details and emergency telephone number.
- To ensure that their contact details, details of next of kin and relevant medical conditions are fully up to date on myAthletics Portal and ERC membermojo
- To be alert to additional risks when out running that you believe have not been allowed for and to report back to the run leader/committee member
- Report any accidents/incidents to the group leader or committee member



Safe Running Guidelines

General

- Members are required to sign out and back in at the start and finish of each training session
- Members should not wear headsets of any kind when running with the club
- Members should adhere to the instructions of the group leader
- On roads without footpaths, runners shall run on the right to face oncoming traffic or to the left when forward visibility is limited but always obeying the directions of the run leader
- Appropriate footwear should be worn having regard to the surface conditions on which the training session will take place
- Care to be taken when crossing main roads. Runners should re-group and follow the directions of the run leader.

Group Running

- The group will be under the direction and control of the run leader. Members are required to do their best to assist the run leader and look out for the well-being of other group members.
- A head count will be taken before the group starts their session and on completion
- Where the group is of mixed ability, regrouping should take place at the direction of the run leader to ensure slower runners aren't left behind
- Members should ensure that runners within the group do not lose contact and should not be left to run on their own
- Members should keep a reasonable distance from the runner in front so that hazards eg potholes, tree roots and the like are more easily visible.
- If a member decides to leave the group during the session, they should advise the run leader or inform another group runner and ask for the run leader to be told
- The run leader will carry a mobile telephone.

Winter Running

- The club will insist that members wear high visibility clothing when running at night and also a head torch/chest light when running on unlit roads
- Club runs will not take place when conditions underfoot are icy unless a safe route can be identified.

Easingwold Running Club
c/o The Galtres Centre
Market Place, Easingwold,
YO61 3AD



- Members should wear appropriate clothing recognising that they will need to keep warm if they have to stop running through illness or injury

Summer Running


- The club will make reasonable attempts to avoid running during the hottest part of the day
- Members should make sure they are well hydrated before running in the summer
- On longer runs additional water should be carried or, alternatively, water should be available at various points along the route.

Incident Records

- The running group leader should report Incidents/Near Misses to the Welfare Officer. The run leader will assist the Welfare Officer in completing the ERC accident report form to be maintained in the club records.
- The Welfare Officer will report the Incident/Near Miss to the Chair
- The Chair and the Welfare Officer will decide if the incident should be reported to UK Athletics using their on line report form
- The Chair will notify the incident to Committee members and the Coaches but with name of the injured person withheld
- The incident/near miss will be raised as an agenda item at the next committee meeting

Policy Review

- This policy will be reviewed on an annual basis unless an interim review is deemed to be necessary
- The policy will be reviewed in February 2024 and any changes communicated to members at the AGM

Signed 

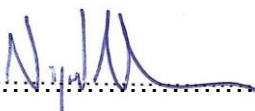
Rob Cooper - Chair

Signed 

Ray French – Secretary

Signed 

Colin Fletcher – Competition Secretary

Signed 

Nigel Ramsden – Head Coach