



## **Easingwold Running Club**

### **Health and Safety Policy**

This is the Health and Safety policy statement of Easingwold Running Club dated 26 April 2024

#### **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  
<https://www.easingwoldrunningclub.co.uk/club-standards>
- 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, near misses and incidents to Club internal records and UK Athletics via their on-line reporting system. The record will be reviewed by the committee regularly and any resulting measure implemented.

#### **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 must 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 or run helper

### **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
- The Group size will be appropriate for the planned activity, location and conditions, the Run Leader may assign a Run Helper to assist them.
- Where the group is of mixed ability, measures such as 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 must inform the run leader or inform another group runner and ask for the run leader to be told

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



- The run leader will carry a mobile telephone and basic First Aid Kit supplied by the club

### Winter and Summer Running

- The club will insist that members wear high visibility clothing with reflective elements when running at night and also a head torch/chest light when running on unlit roads
- Weather conditions will be assessed by a small group including the Head Coach and two others who will decide on any cancellation required
- Members should wear appropriate clothing recognising that they will need to keep warm if they have to stop running through illness or injury
- Members should make sure they are well hydrated before running in the summer
- On longer runs in summer 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 Accidents, Incidents and 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 accident, incident or 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.

### Reviewed By

Colin Fletcher	Chair
Andrew Throup	Head Coach
John Howell-Walmsley	Leader in Running Fitness

Reviewed April 2024