POCKLINGTON RUNNERS

Health and Safety Policy and Guidance

1.0 Overview

1.1 It is the aim of the Pocklington Runners Club to ensure, so far as reasonably possible, the health and safety of all members engaged in training, participating in club competition or attending club events held at the club house.

1.2 Ultimate responsibility for the discharge of this duty lies with the Chair of the club.

1.3 The club may not be held responsible for slips, trips or any kind of accident outside of their control.

1.4 Running as a sport requires that participants often train at different times or pace. This puts the emphasis on the individual and the smaller group when it comes to health and safety and all participants are expected to look after themselves and one another when training with and competing for the club.

1.5 Pocklington Runners is affiliated to UK Athletics, of Athletics House, 10 Harbourne Rd, Edgbaston, Birmingham B15 3AA.

1.6 It is the responsibility of the committee to bring to the attention of all new members the club's health and safety policy. This statement should be provided in writing to all members, together with any annual updates

1.7 The Club health and safety policy is to be displayed on the website.

1.8 The policy is to be reviewed annually by the club health and safety officer in consultation with members of the committee and presented to the Pocklington Runners club at the AGM. On approval, any changes and the new policy will be displayed updated on the website.

2.0 Club responsibility

The club will:

2.1 Endeavor to provide helpful guidance to members verbally at the beginning of the club night briefing, Firstly, this will highlight risks such as visibility and adverse weather conditions and mitigate them. Secondly, a summary of the sessions run routes and pace will be provided, so members can choose a suitable run group for their level of running and experience.

2.2 Ensure that club coaches and run leaders are suitably experienced to lead club training sessions and run groups.

2.3 Provide suitable facilities and equipment for club training sessions and club events, including First Aid and welfare facilities.

2.4 Ensure that any individual event is subject to a suitable and sufficient risk assessment and adheres to any relevant government guidance, pertinent to health and safety.

3.0 Members responsibility

Members will:

3.1 Familiarise themselves and agree to abide by the guidance in the Health and Safety Policy (Appendix 1) located on the Pocklington Runners website when they join and on renewal of membership. This guidance includes advice on weather conditions, terrain, personal limitations and protecting fellow club members.

3.2 Acknowledge that they owe a duty of care to not wilfully injure themselves or others by negligent acts or omissions.

3.3 Report any problems encountered whilst running on training routes. For example dangerous stiles, damaged pavements, potholes.

3.4 Wear appropriate light, reflective and/or high visibility kit. This is very important when running in the dark or reduced visibility conditions.

3.5 The individual member will bring to the attention of the run leader before a session, any illness, injury or other factor that may affect their health and safety, or that of others during a session.

3.6 Make sure that no runner is left running alone. This is especially important when running off road, in the dark or reduced visibility conditions.

3.7 Ensure that they cross roads at safe places and listen to instruction from the run leader.

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3.8 It will be the responsibility of the run leader present at any training session to decide whether the route and/or weather conditions are such that it is necessary to either choose a more suitable route or cancel the session.

4.0 Guidance

4.1 Relevant portions of the above should be taken in to account by members when running at a club session, in a Pocklington Runners club vest and also generally, as an ambassador for the club.

Appendix 1: Health and Safety Guidance

1.0 General safety

1.1 These guidelines are endorsed and annually reviewed by the Pocklington Runners Committee.

1.2 All members agree to abide by the guidance in the Health and Safety Policy and Guidance (Appendix 1) located on the Pocklington Runners website when they join and on renewal of membership.

1.3 All members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members.

1.4 General courtesy and consideration should be given to others.

1.5 In adverse weather conditions, members must take extra care, be vigilant to additional risks such as slippery or uneven surfaces and listen to the safety announcement at the beginning of each run briefing.

1.6 Members should exercise common sense for personal safety issues including hydration, fuelling, illness and injury and seek advice from experts and professional practitioners outside the club as appropriate.

1.7 No headsets or music players are to be used by members during any training session or running event held by the club as this can obstruct and hinder any instructions given.

1.8 Dogs are not permitted in the grounds of Pocklington Rugby Club or in the clubhouse. On official club nights (Monday speed session and Wednesday club session) dogs are not permitted to run with members. It is difficult to accommodate dogs on busy club runs, particularly in winter, as they are a potential hazard. However, on some of the summer runs, it may be possible to accommodate dogs provided they are kept on a short lead and under direct control and do not impede other runners.

2.0 Medical conditions

2.1 By attendance at the club all members declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a medical condition or injury.

2.2 Members should seek medical advice as appropriate.

2.3 Members with any medical condition agree, where appropriate, to carry with them the relevant details of the condition and their name, address and emergency name and contact details.

2.4 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.

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3.0 Appropriate clothing

3.1 Members should understand the importance of wearing appropriate clothing for the time of year and weather conditions and appropriate footwear for any variations in terrain.

3.2 When running in the dark or reduced visibility, members should take responsibility for making themselves highly visible by wearing bright clothing, preferably with fluorescent or reflective strips. Be aware that other road users may find it difficult to see you. Dress to be seen!

3.3 It is recommended that during the autumn and winter nights, members wear head or chest torches or use hand-held torches to improve their own visibility when running and also to make themselves more visible to other road users and members of the public.

3.4 It is the responsibility of members to ensure the appropriate footwear is worn at all times. Consideration should be given to the surface being trained on. For example, trail shoes may be required for off-road routes which provide traction to reduce slipping. Members can check websites or social media to ensure the correct footwear is selected for the planned terrain.

3.5 Failure to wear appropriate clothing may result in a member being unable to participate in a club run due to the risk to themselves and fellow members.

4.0 Staying together

4.1 The club motto is 'No one gets left behind.' Each running group endeavours to stay together as much as possible.

4.2 Members should take care to listen to the proposed route and pace, announced in the safety briefing at the start of a club meeting.

4.3 The run leader should ensure that a head count is taken. If it is a large group, a tail runner is assigned to ensure that no individual gets left behind on their own.

4.4 In larger groups there may be mixed ability and experience. In this instance, regrouping should take place at agreed points along the route.

4.5 If a member decides to leave the group whilst out on the run, they must inform at least one other runner in that group who then must ensure that the run leader is made aware.

4.6 Upon completing the session, the run leader should check that everyone who started has returned or can be accounted for.

4.7 The run leader should carry a charged mobile phone to call for assistance if required.

5.0 Road sense

5.1 Members will ensure that whilst running on roads, they cross at safe places.

5.2 On roads without footpaths, members shall run to the right to face any oncoming traffic or to the left on bends where forward visibility to the right is obstructed or limited.

5.3 The run leader will oversee members crossing any main roads and ensure all members are across safely before carrying on the session.

6.0 First Aid

6.1 Each run leader will carry a charged mobile phone to call for assistance if required.

6.2 Each run leader will carry a First Aid pack which shall contain the following:

- list of committee member phone numbers
- survival blanket
- sterile bandages and plasters
- hand sanitiser
- disposable sterile gloves
- freeze spray

6.3 At events, First Aid provision will be provided in accordance with the rules and guidelines stipulated by the event insurers

6.4 In the event of an injury during a club session or event, the following procedure is recommended:

- at least two members should stay with the injured person until help arrives
- careful judgement should be exercised when considering whether to return the injured person back to the club, home or medical services
- If required, emergency services should be contacted using 112 from a mobile phone as it will record the location of the call; alternatively use 999
- the chairperson should be informed of the incident by contacting them directly who will then make the incident formally known to the welfare officer, committee and club members when appropriate and make a written record of the incident.