



HEALTH AND SAFETY POLICY

1. Statement of Intent

Selby Striders Running Club ("The Club") is committed to ensuring that all members take part in activities that are safe and well managed.

Our member's well-being and safety, in addition to enjoyment, participation and inclusiveness, is our paramount concern.

2. Responsibilities – what we do as a Club

To support and promote Health and Safety at the Club we are committed to the following duties:

- We will undertake suitable and sufficient regular risk assessment of activities undertaken by the club.
- We create a safe environment for the activities of the Club by putting health and safety measures in place as identified by the risk assessment.
- We undertake to make provision for members mental health where possible and consider the well-being of all during our activities.
- A club member will be appointed to assist the committee with health and safety responsibilities, who will serve as the Club's Health and Safety Officer.
- We will ensure that we communicate the club's health and safety policy and risk assessments to all members where reasonably practicable, and provide opportunity for any questions that members may have.



The Policy and Risk Assessments are to be made readily available to all members, for example on the Club website and Facebook page.

- We will ensure that members are aware of the clubs expectations of members during planned running activities and what members should do when someone clearly needs or requests assistance during running activities.
- Where reasonably practicable, we provide access to adequate first aid facilities, and a qualified first aider. Contents of Club first aid kits to be reviewed regularly, not less than once a year to check for expiry dates and current guidance for contents.
- The Club undertakes to provide Run Leader training to committee members or others approved by the committee for this role.
- The committee (or a nominated individual) shall report any incidents, injuries or accidents, or fatalities sustained during any club activity or whilst on the club premises to UK Athletics.
- The committee shall review all incidents and accidents at the regular committee meetings to determine if any change to procedures is required.
- We will ensure that the wording and implementation of this policy is reviewed regularly, as a minimum once a year and monitored for effectiveness.

3. Responsibilities – what you do as a member

As a club member (of any description, including honorary), it is deemed that by either becoming or continuing to be a member you will have a duty to do the following:

- Club members are expected to take time to read the health and safety policy and the risk assessments that are made available, and to ask any questions they feel necessary to clarify their understanding.



- Members should co-operate with the Club on health and safety issues and follow club guidance issued to them. You should correctly and safely use all equipment provided by the club and not interfere with or misuse anything provided for your health, safety or welfare.
- You should take reasonable care of yourself & others whilst at a club event and provide assistance and support to others who may request it and/or clearly need assistance.
- On each club event in which you participate, you have considered your well-being / health and by being present you certify that you are fit to carry out (at your own risk) the club activity that you are attending.
- Undertake to advise the club appropriately of any health issues that may affect your care in an emergency, or alternatively carry medical identification (e.g. bracelets) that show the relevant information.

This can be done in confidence if required, and can be either formally notifying a member of the committee, or informally advising the run leader on an ad-hoc basis.

- Report any and all incidents or accidents that you observe or happen to you to a member of the committee.
 - An **incident** (sometimes called a "near miss") is an occurrence that could have caused harm to people.
 - An **accident** is an occurrence that did cause harm, however minor that may be.