

RAC Health & Safety Policy



Club Responsibility

As far as is reasonably practicable, the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

Guidelines: The scope of the Health and Safety guidelines extends to training sessions, organised Club events and participation in Club competitions.

The Club will:

- Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club website.
- Ensure that Club coaches have appropriate training to lead Club training sessions, and provide details of the Club coaches on the Club website.
- Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment.

Members Responsibility

Members should familiarise themselves with the Health and Safety Guidance located within this policy document (also available on the Club website). This Guidance includes advice on weather, terrain, personal limitations and protecting your fellow Club members. As members you have a responsibility to do your best to prevent harm to yourselves, your running partners or members of the public. As members you should acknowledge that you owe a duty of care to not wilfully injure yourselves or others by your negligent acts or omissions.

Reporting: The Club requires its members to report any problems encountered whilst training or competing to a coach or member of the committee.

The Guidelines:

All members agree to abide by the Club's Health & Safety Guidelines as follows:

Safety generally: All club members must take personal responsibility for their own safety, whilst being mindful and considerate to others training in the same group, particularly new members. Consideration should be given to others, and common sense used.

Members should be aware of the advice available through running magazines and other sources on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport.

Advice should be sought from experts and professional practitioners outside the running club as appropriate.

Medical conditions: All members of the club declare themselves medically fit to train at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury.

Members with any specific medical conditions agree where appropriate to make the Club aware of these and share with the Club the appropriate 'action plan' in the event of an incident.

Members agree to wear their wrist bands to training which will ensure they carry with them a contact name and emergency phone number.

Appropriate clothing: Members should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for the variations of training. This includes warm clothing and layers (plus hats and gloves) in the winter months and suncream and caps in the summer. All athletes should also have a water bottle with them at every session.

When running in the dark and away from the track, members should take responsibility for making themselves highly visible by them wearing 'Hi Viz' reflective clothing and consider a head torch.

Welfare facilities: Toilets are available in the Leisure Centre at all training sessions and events held at the track. It is the responsibility of the athlete and / or parent or carer to ensure they have used the toilet if required before commencing training. If a junior athlete requires the toilet during a training session a coach, volunteer or parent helper will accompany them.

Staying together: When running away from the track (road & trail groups), the group should endeavour to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The group lead should ensure that a head count is taken and that a tail runner (back-marker) has been assigned to ensure that no one individual gets left behind.

Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind. If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group.

Upon returning to the start the group lead should check that everyone who started out has returned or can be accounted for.

First Aid: All coaches are required to hold a recognised first aid qualification. A fully stocked first aid kit and defibrillator are stored in the 'hut' and are available at every training session. When away from the track (road & trail groups), the group lead should carry water, a mobile phone and a small first aid kit.

Club Events

All events organised by the club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and Event Health and Safety Plans. All events shall be staged in accordance with the rules and guidelines stipulated by England Athletics and their insurers.

Recording of Incidents

Any accidents or incidents should be reported to a coach or member of the committee immediately and an 'accident form' will be completed if appropriate.

Guidelines Review:

The Health and Safety Guidelines, Club procedures and any associated Health and Safety Guidance will be reviewed, at least on an annual basis, to ensure that they remain accurate and reflect the Club ethos.

Policy/Document Name	Rushcliffe Athletic Club Health & Safety Policy
Version	1.0
Date Effective	Jan 2023
Approved By	RAC Committee
Review Date	Jan 2024