



HART ROAD RUNNERS

Health and Safety Policy

April 2023

Version 1.0

Reviewed July 2024

Hart Road Runners (HRR) is committed to encouraging its members to participate in club activities (club runs/training/races etc.). The health, well-being and safety of each individual is always our paramount concern. Training is dependent on current levels of health, fitness and ability; as such all members should participate within these boundaries.

To support our Health and Safety policy statement HRR are committed to:

- Undertake risk assessments of club activities (club runs/training).
- Create a safe environment by putting health and safety measures in place as identified by the assessments.
- Ensure that all members are made aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- During club organised activity we aim to provide access to a qualified first aider.
- Any injuries or accidents sustained during any club activity must be reported.
- The implementation of this policy should be reviewed regularly and monitored for effectiveness.
- In inclement weather conditions the coaching team or club may cancel activities and will aim to provide advance notice to members.

As a club member you have the duty to:

- Not participate in club activities if feeling unwell or if injured.
- It is the individual member's responsibility to inform the lead coach of any condition that may affect what they do.
- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and safety issues.
- Follow guidance and instruction provided by coaches and run leaders.
- Wear appropriate shoes and clothing for the weather conditions or terrain.
- During autumn and winter seasons all members must wear hi-viz clothing if participating in evening club activities.