



Goyt Valley Striders Health & Safety Policy

Introduction

Goyt Valley Striders takes the health, safety and wellbeing of its members and other persons who may be affected by any acts and omissions associated with its undertakings seriously. This value also extends to the respect it has for property and the environment.

The Club accepts its duties to people, property and the environment under statute and common law and will put in place appropriate measures to ensure that, so far as is reasonably practicable, these duties are met for all organised Club events.

To help ensure that the Club achieves these objectives all members of the Club are expected to follow or exceed the health and safety standards and guidance as outlined out within this Policy.

It is also the responsibility of all Club members to take ownership for, and care of, their own health and safety and ensure that others are not affected by their acts or omissions.

The Club aims to create safe environments for events by completing risk assessments and implementing the control measures which are identified where a risk is not deemed to be tolerable.

Runs and training undertaken by Club members for their own purpose and events which are organised by other organisations / running clubs and attended by members of the Club are not subject to the requirements of this Policy.

Roles & Responsibilities

MEMBERS

All members of the Club have a responsibility to:

- Take care of their own health, safety and wellbeing and that of other persons, property and the environment by what they do or omit from doing.
- Assessing their own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter.
- Follow all safety instructions as set out within this Policy or communicated by the Committee..
- Report any health, safety or environmental issues or concerns they may be aware of relating to the Club or its undertakings to a Committee member as soon as possible in order that the Club may act, as deemed appropriate, to address the matter.
- Report all accidents and incidents relating to the Clubs activities to the Chair whether it involved them or another person, property or the environment.
- Take care of their own safety, whilst keeping a watchful eye on others, particularly new members.
- Always consider other persons, animals, vehicles, and the environment.
- Only run if they are medically fit to do so. Members with existing medical conditions or allergies are encouraged to carry or wear a suitable means of bringing such conditions to the attention of the emergency services such as an emergency chain or card.
- Never leave “group runs” you are running in without letting others know, ideally the Run Leader, giving details of the reason if appropriate.
- New members should ensure they are known to the Run Leader before the event starts.

CHAIR

The Chair shall:

Make reasonable efforts to ensure that the requirements of this Policy are implemented to ensure, so far as is reasonably practicable, the health and safety of members of the Club, other persons, property and the environment.

COMMITTEE

The Committee shall:

- Review health and safety documentation presented to them for approval.
- Monitor general health, safety and environmental matters relating to the Club
- Bring this Policy to the attention of Club Members
- Make this Policy, and subsequent revisions, available on the Clubs website.
- Lead by example and championing the implementation of the requirements and standards set out in this Policy.

RUN LEADERS

For the purposes of this Policy the definition of Run Leaders also includes event organisers and Race Directors.

Run Leaders shall:

- Make themselves aware of the Club's Risk Assessments.
- Complete any necessary additional Risk Assessments for the activity they are leading.
- Communicate the key findings of event risk assessments to those who are affected in order that they are aware of control measures necessary for preventing or reducing the risk of harm. This may be in the form of a pre-event briefing.
- Ensure that at least one person taking part in an event is carrying a mobile phone and first aid kit for use in the event of an emergency.
- Report any accident and incident to the Chair who may carry out an investigation and report to England Athletics if necessary.

The Club empowers Run Leaders to determine if an event cannot proceed due to safety concerns.