

Bearbrook Running and Triathlon Club

Health and Safety Policy

April 2022

Statement of Intent

The policy has been developed to ensure full consideration is given to health and safety in Club activities. The scope of this policy extends to organised Club runs. It does not apply to any social events, or any other events organised by the Club. This policy does not apply to Club members taking part in races or events organised by third parties. Club members should follow any policy, rules or requirements set down by the organisers of the race or event.

Responsible Officer

The Committee will appoint one member of the committee to have overall responsibility for health and safety. Health and Safety will be a set agenda item at every committee meeting.

It is also recognised that all Club members have responsibility for their own health and safety, in addition ensuring that they are physically fit to participate in Club runs and that they familiarise themselves with this policy which is available for all members to access on the Club website.

General Policy

1.0 Weather Conditions

Run leaders are to consider adverse weather conditions before the run, and if the conditions are deemed to be unsafe, they should cancel, alter the length or route of the run.

2.0 Medical conditions

All members of the club declare themselves medically fit to run at their own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury. As appropriate, members should request regular check-ups with their General Practitioner.

Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact details. Voluntary disclosure of medical conditions shall be the responsibility of the individual member.

3.0 Before a run

When congregating before a run, keep away from car park entrances and do not stand on the highway. Additionally, be aware of pedestrians using the pavements. Run leaders are to count the number of runners in their group, and advise runners of any known hazards before commencing the run.

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

Runners are responsible for ensuring they are wearing appropriate clothing and footwear for the conditions, and to take necessary precautions in sunny or hot conditions as well as cold or wet conditions. All runners should ensure they are adequately hydrated.

4.0 Running in the dark

When running in the dark runners should wear bright visible clothing, preferably with fluorescent or reflective strips. Routes should be planned in advance ensuring well-lit areas are used where possible. When running off road in the dark head or chest torches must be worn.

5.0 Road Running

Take particular care when crossing side roads and driveways. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads) runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited. Wherever possible when crossing roads use pedestrian crossings.

6.0 Off Road Running

Where possible stick to public footpaths and use the appropriate stiles and gates. Take care when crossing fields containing farm animals and walk when approaching the animals. Run leaders should adjust speed of the run where loose, slippery, or steep gradients are encountered.

7.0 Running in a Group

Whenever mixed ability occurs within a group, regrouping shall take place at appropriate times along the route and also when a change of direction is being made 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, run leaders will check that everyone who started out has returned or can be accounted for.

8.0 Emergency Incidents

Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, first check if anyone is injured and locate an emergency first aider. Try not to leave the injured person unattended. For serious injuries do not attempt to move the injured person unless their location is immediately life threatening.

If appropriate contact emergency services, using 112 from a mobile as it will record your location or use 999. Inform a member of the committee as soon as practically possible.

9.0 Incident records including near misses

Any incidents or near misses should be reported to a club committee member and should be made known to club members when appropriate.

Actual incidents involving any member or third party shall be formally recorded with a committee member. The committee member responsible for Health and Safety will collate and record all incidents and near misses and monthly report back to the committee

10.0 Club Races/Events

Any organised club race or event will be subject to an individual, suitable and sufficient risk assessment which will be published prior to the event taking place.

N.B. A separate COVID19 risk assessment and guidance has been produced in line with EA

Policy Revision History

Version	Date of Issue	Summary of Change
1.0	March 2022	New document approved by Committee

Bearbrook Running and Triathlon Club

Risk Assessment: Club Runs

Date:	Assessed by:	Location :	Review :
28 /02/2022	D Corsby	Outdoor running activities	28/02/2022

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	New Risk Rating	Action by whom	Target date	Complete
Injury to runner caused by vehicle at meeting point	Runners when congregating at run start meeting point	Verbal warnings, guidance provided in Health and Safety Policy	Med	Where regular meeting places are prior to runs (such as Rivets car park), designate a meeting point in a safe location away from the car park entrance	Low	Communicate to all members via Facebook and email	31/05/2022	
Injury/illness incurred during a run	Any Club member through slip/trip/fall/traffic collision, or medical incident	All runners are informed about kit required for safe off-road and night running and that they should choose equipment to suit their requirements. Spare head torches are available on Club run sessions.	Low	Run leaders are advised to. Carry a mobile phone and in case of emergencies call 999. Groups are typically large enough so that at least one person can remain with the injured/ill runner. Club is to advise run leaders to give assistance if they feel it is safe to do so. Club to advise members of apps such as "what3words" which can provide location information.	Low	Run leaders/ comms via run leader and Facebook group	31/05/2022	
Suitability of run groups	Health impact and possible sports injury	Pace and distance of run groups are posted on Facebook (and often the website) to ensure runners are aware of the expected exertion. Pace and distance information is repeated before each run. Regular regrouping. New members briefed on run group paces on joining.	Low	Runners should follow any medical advice they have received in respect of relevant health conditions. They are not required to disclose such information to the Club, but should satisfy themselves that any urgently needed information would be immediately evident should it be required.	Low	Run leaders/ comms via run leader and Facebook group	31/05/2022	

Road Running	Club runners, other pavement users	Keep to pavements and paths where possible, run facing oncoming traffic if running on the road is unavoidable. Use pedestrian crossings wherever possible and be aware of side roads. Look out for other pavement users and give way where needed.	Med	Post risk assessments and health and safety policy on website and advise Club members to familiarise themselves with the documents.	Low	Comms to all members via Facebook and email	31/05/2022	
Off Road Running	Club runners, other off road path users	Run leaders are to ensure we keep to public footpaths where possible, adjust run pace to suit surfaces, walk when approaching farm animals. Run leaders to advise runners of known adverse conditions before run commences.	Low	Post risk assessments and health and safety policy on website and advise Club members to familiarise themselves with the documents.	Low	Comms to all members via Facebook and email	31/05/2022	
Adverse weather conditions	Club runners	Run leaders to assess weather conditions before runs to take a view if it is safe to proceed.	Low	Post risk assessments and health and safety policy on website and advise Club members to familiarise themselves with the documents. Advise runners to dress appropriately for weather conditions and ensure they are adequately hydrated.	Low	Comms to all members via Facebook and email	31/05/2022	