

Winchester Running Club

Health & Safety

Winchester Running Club are committed to encouraging our members to take part in all running and club related activities, which are safe and well-managed. Our members well-being and safety, in addition to the enjoyment and participation in the sport is our paramount concern.

Winchester Running Club believes that good health, safety and wellbeing practice compliment the cultures of having fun and high performance that are key elements of a vibrant running club.

Our health and safety policy is to ensure the highest standards of health safety and wellbeing in relation to our activities. We will therefore apportion the appropriate high priority and resources needed to support this policy statement.

We recommend levels of training dependent on age and ability and expect our junior athletes to participate within these boundaries.

Prepared by: Winchester Running Club

Adopted by: Winchester Running Club

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Review date: February 2025

Health and Safety Policy

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessments of the premises used by the club for training and all other activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the aforementioned risk assessment process.
- Ensure all members are given the appropriate level of training and competition by regularly assessing individual ability dependent on age, maturity and development.
- Ensure all members are aware of, understand follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities. **To be assigned.**

- Ensure that operating procedures and emergency operating procedures are in place and known by all members. This might include, but is not limited to, location of first aid kits and emergency phone contacts, what to do in the event of a fire and / or evacuation.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times. This is covered by the coaching team.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises to the Club Committee so that they can make a record in the Club Accident Book.
- Inspect regularly and before use, any equipment brought by the club for its activities.
- Ensure the implementation of the policy is reviewed regularly and monitored for effectiveness.

As a member you have a duty to:

- Take responsible care for your own health and safety and that of others who may be affected by what you do or don't do. Please refer to the Club's adopted Codes of Conduct.
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter on behalf of the club.
- Co-operate with the club on all health and safety issues.
- Report any incidents you observe to the Cub Welfare Officer.
- Use equipment provided by the club correctly and with supervision, where appropriate. If you are unsure of how to use the equipment, seek guidance and training, where relevant.
- Not to interfere with or misuse anything provided by the club in relation to any of its activities for your health, safety and welfare.

In the event of an emergency and requirement for the emergency services or next of kin to be contacted, please approach the coach leading your session who will have a mobile phone.