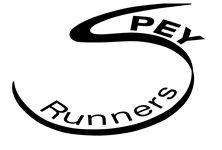
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**Spey Runners**

**Health and Safety Policy**

**1. Overview**

1.1 It is the policy of Spey Runners (the club) to ensure, so far as reasonably possible, the health and safety of all runners and volunteers engaged in training and competition with the club.

1.2 Ultimate responsibility for the discharge of this duty lies with the chairperson of the club and in his/her absence, a delegated member of the club committee or race committee.

1.3 The club health and safety policy will be displayed on the club’s website. It is the responsibility of the club safety officer to bring to the attention of all new members the club’s health and safety policy.

1.5 Running, as a sport, requires that participants often train at different times or pace. This puts the emphasis on the individual and the smaller group when it comes to health and safety and all club members are expected to look after themselves and one another when training with and competing for the club.

1.6 This policy is to be reviewed annually, by the club safety officer\* in consultation with members of the committee. The committee shall then approve, where appropriate, any changes, and the new policy displayed updated on the club’s website.

\* The club secretary

**2. Responsibilities when running under the club’s auspices**

2.1 It is the responsibility of all runners to dress with appropriate light, reflective and /or high

visibility kit. In winter months, when running in the dark, or poor visibility conditions, high visibility clothing must be worn and runners are required to use head torches on dark roads or paths.

2.2 It is the responsibility of the individual to bring to the attention of all before a run any

illness, injury, or other factor that may affect their health and safety, or that of others, during a run.

2.3 The committee will publish the weekly club run route in advance and explain it on the night.

2.4 It is the responsibility of all runners to make sure that no runner becomes isolated from a group and is left running alone. This is especially important when running off road, in the dark or poor visibility conditions.

2.5 All members taking part in club runs must tell others if they need to drop out, for example through injury, in order that arrangements can be made for their safe return to the starting point.

2.6 It is the individual responsibility of all runners to make sure that they cross roads at safe places.

2.7 It will be the responsibility of the committee members present at any club run to decide whether conditions are safe for running as far as they are able to do so and as is reasonable in the circumstances.

2.8 The Office Bearers of Spey Runners cannot be held responsible for existing medical conditions or any detrimental effect on the health and well-being of an individual as a result of involvement in club activities.

2.9 All incidents and accidents on club runs or club hosted races must be reported to the Secretary, Chairperson or appropriate member of the club or race committees.

**3. General guidance**

3.1 In addition to the above, when running with the club or elsewhere members should:

* Stay alert at all times
* Run with a partner and/or tell someone where they are going
* Carry a reliever inhaler if they suffer from asthma
* Carry a mobile phone and identification, e.g. name, phone number and any relevant information
* Wear appropriate clothing and footwear to suit the conditions
* Be aware of dogs and other animals and use discretion when passing them
* Stop or get off the road when cars are approaching
* Report any suspicious incidents

Members should not:

* Run if unfit, unwell or in any way injured
* Wear hooded tops, caps or anything which could restrict vision
* Wear headphones which impede hearing and restrict awareness of dangers such as oncoming cars.
* Run up close behind pedestrians.

3.2 When running in groups, members should:

* Count the number in the group and recheck regularly
* Look out for the well-being of all members of the group
* Try to stay reasonably close together and ensure no member of the group is left behind
* Exercise caution when running side by side or closely packed as field vision may be obscured
* Ensure all members of the group know who is leading and who is tail runner

3.3.1 When running in winter members should:

* Wear clothing appropriate to the conditions, e.g. layers to trap warm air, hat, gloves
* Continue to drink adequate fluids

3.3.2 Members should not run in icy or snow-covered conditions. The committee will decide if conditions are safe for a club run or not.

3.4 When running in summer members should:

* Wear clothing appropriate to the conditions
* Ensure they are hydrated before starting the run
* If necessary, use sun-screen, insect repellent or other appropriate pharmaceutical products
* Stop running if they feel dizzy or nauseated, take a drink and get assistance.

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