



## **Balsall Common Run Club**

### **Health and Safety Policy 2025**

#### **Club Responsibility**

As far as possible, the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

#### **Guidelines**

The scope of the Health and Safety Guidelines ("the Guidelines") extends to training sessions and organised Club events. In order to achieve its aim, the Club will;

- Endeavour to provide helpful guidance to members verbally and make the Guidelines available to all members
- Ensure that Club coaches and Run Leaders have appropriate training to lead Club training sessions and are known to members
- Provide suitable facilities and equipment for Club training sessions and Club events
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment

#### **Member Responsibility**

Members should familiarise themselves with the Guidelines. The Guidelines include advice on weather, terrain, personal limitations and protecting your fellow Club members. As members you have a responsibility to do your best to prevent harm to yourselves, your running partners or members of the public. As members you should acknowledge that you owe a duty of care to not wilfully injure yourselves or others by your negligent acts or omissions.

#### **Reporting**

The Club relies on its members to report any problems encountered whilst running on training routes. For example, dangerous stiles, damaged pavements, potholes, poor visibility etc.

#### **Guidelines Review**

The Guidelines and Club procedures will be reviewed, at least on an annual basis, to ensure that they remain accurate, appropriate and reflect the Club ethos.



## The Guidelines

All members agree to abide by the Club's Guidelines as follows:

**Safety generally:** All Club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same running group, particularly new members. Consideration should be given to others, and common sense used. Members should be aware of the advice available through running magazines and other sources on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport. Advice should be sought from experts and professional practitioners outside the Club as appropriate.

**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. Members agree to record details of any medical conditions and emergency phone number contact details on Run Together so as to be available to run leaders should an incident occur. Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

**Appropriate clothing:** Members should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for the variations of terrain. When running in the dark members should take responsibility for making themselves highly visible by wearing bright, fluorescent clothing with reflective strips/shapes and running lights. Please be aware that drivers may find it difficult to see you.

**Staying together:** Each running group endeavours to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The running group lead should ensure that a head count is taken and that a tail runner (**back-marker**) has been assigned to ensure that no one individual gets left behind. Whenever mixed ability occurs within a running group, regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind. If anyone decides to leave the running group whilst out on the run, they must inform at least one other runner in that running group. Upon returning to the start the running group lead should check that everyone who started out has returned or can be accounted for.

**Road Sense:** Routes shall be planned to avoid unlit roads at night during hours of darkness. Routes passing along roads without footpaths shall be avoided if busy or conditions are inappropriate, and on routes including quieter 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.

**Weather:** Sessions shall be planned taking account of expected weather conditions and may be rescheduled, cancelled or routes amended if deemed necessary, for example lightning storms, frozen road or pavement surfaces, fog or extreme heat.

**Running with children:** Members should not be accompanied by children (those under the age of 18) at Club sessions

**Running with dogs:** Members should not run with dogs or other animals at Club sessions.



**Club Events:** All sports events organised by the Club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and Event Health and Safety Plans. All events shall be staged in accordance with the rules and guidelines stipulated by England Athletics and their insurers.

**Incidents:** A majority of members of each running group should, if reasonably possible, carry an adequately charged mobile phone, and as an absolute minimum one member of the running group must do so. In the event of an incident, members should first check if anyone is injured and at least one member should stay with the injured person, who should not be moved unless their location is immediately life threatening. If appropriate, emergency services should be contacted using 112 from a mobile phone as it will record your location; alternatively use 999. Finally, a member of the Club Committee should be informed as soon as is practically possible in order that relatives can be informed and incident records made.

**Incident records:** Any incidents should be reported to a member of the Club Committee for future reference, and for making known to all Club members when appropriate. Actual incidents involving any member or third party shall be formally recorded with a member of the Club Committee in accordance with England Athletics guidelines.

**Policy agreement:** Policy adopted in April 2025. For review – April 2026