



Health and Safety Policy

of

Mikkeller Running Club Liverpool

1. Statement of intent:

- 1.1 It is the policy of **Mikkeller Running Club Liverpool** to ensure, so far as reasonably possible, the health and safety of all athletes and coaches engaged in training and competition with the club.
- 1.2 Ultimate responsibility for the discharge of this duty lies with the Chairman of the club.
- 1.3 Day to day responsibility for ensuring this policy is put into practice lies with the run leaders of the club.

2. Policy:

- 2.1 Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club website. Publish and review specific risk assessment documents where appropriate, such as for individual events or to ensure adherence with government health guidelines.
- 2.2 Ensure that additional risks associated with leading groups such as darkness and adverse weather conditions are considered, mitigated, and shared with members.
- 2.3 Ensure that Club coaches and run leaders are suitably experienced to lead Club training sessions and groups.
- 2.4 Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- 2.5 Ensure that any organised sporting event is subject to a suitable and sufficient risk assessment.
- 2.6 Report any accidents, incidents, near misses and cases of work-related ill health arising from club activity and ensure the timely completion of investigations to prevent incident reoccurrence.



3. Member Responsibilities:

- 3.1 Always listen to and follow the instructions given by the coach / run leaders.
- 3.2 Cooperate with the Club on all health and safety issues, taking reasonable care for your own health and safety and that of others who may be affected by what you do or do not do.
- 3.3 Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter.
- 3.4 Declare yourself medically fit to run at your own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury.
- 3.5 Run on pavements when possible. If you must run on the road, ensure that you follow the guidance given by the highway code.
- 3.6 When running on the pavement / footpath always give way to pedestrians.
- 3.7 Take care when crossing roads, at junctions and passing driveways, ensuring the highway code is followed at all times.
- 3.8 When running in the dark make yourself highly visible by wearing high-visibility clothing, and a body / headtorch (a rear facing red light is also recommended).
- 3.9 Where possible run as a group of two or more, ensuring at least one of the group members is familiar with the planned route.
- 3.10 Always stick to the routes planned by the coach / leader and ensure that they know you have finished safely before leaving.
- 3.11 If you decide to leave the group whilst out on the run, you must inform a run leader or at least one other runner in that group, who must then ensure that a run leader is made aware.
- 3.12 Runners must comply with fire evacuation procedures in any post-run venue.
- 3.13 Evacuation plans are as per Clubhouse Black Lodge Brewing's fire safety plan on a monthly run or that of any post-run venue on a midweek run.

4. Arrangements for health and safety:

- 4.1 Running routes and training sessions are risk assessed prior to design and reviewed prior to each session.
- 4.2 Risks are recorded on a register prior to each run and communicated verbally to runners by run leaders during the pre-run briefing.
- 4.3 The group leader should ensure that a register is taken, and a tail runner has been assigned to ensure that no one individual gets left behind.



- 4.4 Run leaders should carry a mobile phone to be able to call for help if required.
- 4.5 Run leaders will ensure the safety of the group when crossing any main roads and ensure members are across safely before carrying on the session.
- 4.6 The group leader should ensure that any incident, accident or fatality is reported to [UK Athletics accident, incident and fatality website](#).

Signed ... 

Chair

Andrew Carey

10/09/25

Date of next review: 10/12/25