



Norwich Road Runner Health and Safety Policy

The Club committee takes every effort to provide club members a safe environment to undertake both training and racing.

Responsibilities

- **The Club Chairperson**
 - has overall responsibility for Health and Safety of the club but can delegate actions to another committee member, usually, but not exclusively, to the
- **The Health and Safety Officer.**
 - Will keep update with any safety policies from Run Britain and other governing bodies.
 - Undertake risk assessments for races the club organizes as well as arranging medical cover.
 - Make arrangements for any urgent safety information to be posted on Facebook and/or emailed out to club members
- **Coaches, LIRFS and Training Group leaders.**
 - This group has a responsibility for getting up to date with any policies and information provided by the club committee.
 - They need to make themselves aware whereabouts of the first aid box on club training nights and the club's policy of reporting any injuries.
 - They need to ensure the groups they lead are made aware that everyone in the group has a responsibility for their own safety.
- **Members of the Club.**
 - The Club committee asks all club members to take responsibility for their own safety including appropriate clothing for the conditions i.e. Hi Vis clothing, head torches, winter clothing and proper shoes
 - Ensure they are fit and well to undertake race or training activities.
 - Follow club safety information as made available on the website or posted on Facebook.

Members agree that they take part in running sessions organised by the club entirely at their own risk and will not hold the run leader, coach, or the club responsible for any accidents, injury or illness experienced as a result of participation.

