

# Swinton Running Club /Health and Safety Policy

## 1.0 overview

1.1 It is the policy of Swinton Running Club (SRC) 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 Committee of the club.

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

1.4 SRC is affiliated with England Athletics (ref 2658660) Athletics House,

Alexander Stadium Walsall Road, Perry Barr, Birmingham B42 2BE

1.5 It is the responsibility of the committee to bring to the attention of all new members the club's health and safety policy.

1.6 The health and safety policy is to be on the SRC website.

1.7 The policy is to be reviewed annually by the committee and any changes approved at the AGM.

1.8 It is the responsibility of all members (runners) to dress with appropriate light, reflective and/or high visibility kit. This is very important when running in the dark or in poor visibility conditions.

1.9 Its the responsibility of the individual to bring to the attention of all before a session of any illness, injury or another factor that may affect their health and safety, or that of others during the session.

2.0 It is the responsibility of all runners and run leaders to make sure no runner is left running alone. Especially important when running off-road, in dark or poor visibility conditions.

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

2.2 It will be the responsibility of the senior coach present at any track session to decide whether the track is in a fit state for use as far as they are able to do so as is reasonable in the circumstances.

2.3 Any incident/ accident must be reported to a committee member/Heath & safety officer who must log it in the accident book.

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