



Health & Safety Policy

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

Ultimate responsibility for the discharge of this duty lies with the Chairman of the club.

Guidelines: The scope of the Health and Safety 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 Health and Safety Guidelines available on the Club website
- Ensure that Club coaches have appropriate training to lead Club training sessions, and provide details of the Club coaches on the Club website
- Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.
- 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 Health and Safety Guidance located on the club website. This Guidance includes 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.

- It is the responsibility of all runners to make sure that no runner is left running alone. This is especially important when running off road, in the dark, or in poor visibility conditions.
- It is the individual responsibility of all runners to make sure that they cross roads at safe places.
- It will be the responsibility of the senior coach or committee member present at any track session at Oaklands 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.



RET FORD ATHLETIC CLUB

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 Health and Safety Guidelines, Club procedures and any associated Health and Safety Guidance will be reviewed, at least on an annual basis, to ensure that they remain accurate and reflect the Club ethos.

The Guidelines:

All members agree to abide by the Club's Health & Safety 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 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 running 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. As appropriate, members should request regular check-ups with their General Practitioner. Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact details. 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 them wearing "Bright fluorescent clothing with reflective strips/shapes" and please be aware that drivers may find it difficult to see you.