

# Health and Safety Policy

## Part 1 – Statement of Intent

This is the health and safety policy statement of Running Somewhere Else, Cirencester.

Our health and safety policy aims to:

- Help prevent accidents
- Reduce the risk of injury
- Provide adequate training for our coaches and run leaders
- Ensure first aid reporting and escalation procedures are in place
- Outline our risk assessment processes

## Part 2 – Responsibilities

Overall and final responsibility for health and safety lies with the Club Chair.

Day-to-day responsibility for ensuring this policy is put into practice lies with the Club Welfare Officer.

To ensure health and safety standards are maintained, the following roles have responsibilities in the following areas:

- Welfare Officer – risk assessments, accident reporting, location of defibs in local area, communications to members
- Head Coach – awareness of potential hazards on running routes and communication of those at the start of sessions
- Secretary – first aid training for coaches/selected members
- Chair – appropriate escalation of incidents, Welfare Officer training

All club members should:

- Take reasonable care when running on public pavements and roads to prevent injuries to themselves or other people
- Listen to the advice of coaches and run leaders before sessions start and follow that advice during sessions
- Report any health and safety concerns to an appropriate person (as detailed above)
- Take reasonable steps to not attend running club sessions if ill or injured

Club members attend club sessions at their own risk and must take all reasonable steps to avoid injury to themselves or others.

## Part 3 – Arrangements for health and safety

### *Risk Assessment*

We will complete a risk assessment at least once per year



We will communicate any high risks to club members via our standard communication channels  
We will review the risk assessment earlier than annually should conditions change significantly

#### *Training*

We will ensure that a sufficient number of members are first aid trained to provide adequate cover at club sessions

We will commit to facilitating a club-funded first aid course, through a third-party provider, at least every 3 years to ensure we maintain sufficient numbers of first aid qualified members

#### *Consultation*

We will ensure that club members are briefed on possible risks/hazards at the start of every club session

We will record any accidents that are reported to the responsible person (see above)