

POOLE RUNNERS HEALTH AND SAFETY POLICY

WHO WE ARE

Poole Runners is a volunteer-led running club, serving Poole and surrounding locations. We are registered with the governing body, England Athletics, and have a member-elected Committee which oversees the running of the club and its governance.

Poole Runners is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect our athletes to participate within these boundaries. It is the responsibility of all coaches and athletes to ensure that all training sessions are conducted in a safe manner.

AS A CLUB, POOLE RUNNERS RESPONSIBILITIES ARE TO

- Provide a safe environment. In order to discharge our duty of care we will undertake regular, recorded risk assessments of the club premises and all activities undertaken by the club. These will identify hazards, assess the potential risks, then take action to eliminate the hazard or reduce the risks to an acceptable level. Risk assessments are the responsibility of the lead coaches and should be updated yearly, or if a need arises before then.
- Create a safe environment by putting health and safety measures in place as identified by the assessment. These include pre-activity visual inspections of equipment, the environment including other users and to risk assess athlete/ group ratios. Training activities are in their nature constantly changing and dynamic and therefore require continuous re-evaluation of the activities, the environment, all users and group ratios.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- It is the responsibility of all coaches and leaders to be familiar with the UKA Health and Safety policy and the UKA code of practice for safe training.
- Ensure the Club Committee are able to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to appropriate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- At training coaches have a duty of care over those they have responsibility for.
- Maintain a current, accessible list of athletes' ICE details and any relevant medical information.

CLUB MEMBERS HAVE A DUTY TO

- Take reasonable care of their own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for their health, safety or welfare.
- Follow health and safety instructions and train and compete in a safe manner.

CONTACT INFORMATION

Please use the Poole Runners Facebook Page to message us, or email membership@poolerunners.co.uk.

For further information please visit UKAs Health & Safety pages.