



## **HEALTH & SAFETY**

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Date: 25<sup>th</sup> November 2021

Reviewed by: TBN

Date: By October 2022

### **Club Health & Safety Policy Statement.**

Fittleworth Flyers Running Club 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 dependant on age and ability, and expect our athletes to participate within these boundaries.

### **Health & Safety Policy.**

To support our Health & Safety policy statement we are committed to the following duties:

- Undertake regular and recorded risk assessment of all sporting activities organised by the Club.
- Create a safe environment by putting health & safety measures in place as identified by the assessment(s).
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability.
- Ensure that all members are aware of, understand and follow the Club's Health & Safety policy.
- The Club Committee is to ensure that the Health & Safety responsibilities are met.
- Report any injuries or accidents sustained during any Club activity using the appropriate EA/UKA Online Accident or Incident Form.
- A review of the Health & Safety Risk Assessment(s) to be convened and carried out after any reported Accident/Incident.
- Ensure that the implementation of the policy is reviewed regularly at the Annual General Meeting and monitored for effectiveness.
- In respect of child protection, any person under the age of 18 should be accompanied by a parent/guardian.

- In respect of safeguarding vulnerable adults, such persons should be accompanied by a parent/guardian/carer.

### **Members' Health & Safety Duties.**

- Take reasonable care for your own health & safety and that of others who may be affected by what you do or do not do.
- Be aware that you are running at your own risk.
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter.
- Co-operate with the Club on health & safety issues.
- Wear the appropriate clothing and equipment, taking into account the light (or darkness), terrain, weather and duration; as well as to have the appropriate pre and post run/race additional clothing and hydration.
- Follow the guidance given in the Club's Risk Assessment(s).