

ACCRINGTON ROAD RUNNERS HEALTH AND SAFETY GUIDELINES



Accrington Road Runners will aim to protect the health and safety of all members engaged in Club training and participating in Club competition. The following guidance is aimed at all members of the club and aims to provide all runners with tips on safer running when on club runs.

The scope of the Health and Safety Guidelines extends to training sessions and organised Club events.

In order to achieve its aims the Club will :

- Endeavour to provide helpful guidance to members verbally and make these guidelines available on the Club website.
- Ensure that appropriately trained run leaders and coaches are available on training nights, but not necessarily attached to each running group.
- Ensure that any organised Club race or Club event is subject to a suitable and sufficient risk assessment.

These Guidelines should be read in conjunction with the Club Code of Conduct.

General Safety

- All members have a responsibility to do their best to prevent harm to themselves, running partners and members of the public.
- All club members must take personal responsibility for their own safety - consideration should be given to others and common sense used.
- Run leader direction should be followed at all times.
- At least one member of the group should carry a mobile phone.
- All members of the club declare themselves medically fit to run at their own risk .
- Voluntary disclosure of medical conditions is the responsibility of the individual member. However, members with any medical conditions that could impact on their running must, where appropriate, carry with them relevant details of their condition and emergency phone contact numbers.
- Appropriate clothing and shoes should be worn as dictated by weather conditions and run route.
- When running with a group, all members of the group start and finish together, if you need to return or finish early the run leader must be informed.
- Faster runners should regularly run to the back of the group for slower runners or as directed by run leader.
- Runners wanting a more challenging run should try the next group, members will get more from sessions if they train with the correct ability group.
- Headphone / ear buds should not be worn during run sessions.
- Persons 16 -17 yrs may train with the club provided they accompanied by an adult Member who will be responsible for, and must remain with the young person before, after and during the session.
- Dogs are not allowed on training sessions.

Road Running

- Reflective clothing should be worn.
- Pavements should be used where ever possible.
- Areas with street lighting should be used when running in limited light conditions or in the dark.
- Road safety should be adhered to at all times especially when crossing roads.
- Runners should always be considerate to other road/pavement users.

- Always adhere to the Highway Code.

Off Road Running

- Particular attention should be paid to the run surface. Look out for trip hazards and/ or over-hanging vegetation.
- Wear trail shoes where possible to reduce risk of slipping.
- Always adhere to the Countryside Code and shut gates etc.

Running at Night

- Runners must wear bright, reflective clothing e.g. High Vis clothing
- A head or body torch could be worn to illuminate runner and run surface.
- Extra attention should be paid to run surface to avoid slips or trips.

Incidents during a session

- At least one member of the run group should carry a mobile phone.
- In the event of an incident, members should check to see if there are any injuries.
- In cases where injury has occurred help should be sought from - first aider, if one is present and / or calling for an ambulance if deemed appropriate.
- At all times at least one member must stay with the injured party, who should not be moved unless their location is immediately life threatening.
- As soon as is practically possible a committee member should be informed.
- The committee shall record the incident for future reference.

Policy history and review information

This policy will be reviewed biannually

Action	Date	Meeting	Review date	Secretary
First adopted	22/10/2021	AGM	10/2022	<i>Pam McCullagh</i>