



## **Bridgwater & District Road & Trail Runners Health and Safety Policy**

To support our Health and Safety policy statement, members of the club Committee and Run Leaders are committed to the following duties:

- Undertake regular risk assessments on key activities undertaken by the club.
- Create a safe environment by putting safety measures in place as identified by the assessments.
- Ensure that all members are given the appropriate guidance in respect of running safely (via Run Leaders at run sessions; via the club website, Facebook group and via emailed Welcome pack (new members) and newsletters.
- Ensure that all members are aware of their duty of care to each other.
- Encourage the reporting of injuries or accidents sustained before/during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### **First Aid**

All club Run Leaders are encouraged to become qualified in basic first aid.

- Run Leaders who are qualified in first aid will carry a basic first aid kit and a mobile phone during training sessions and group runs.

### **Incidents**

Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, members should first check if anyone is injured and locate an emergency first aider. It is advisable for at least one member to stay with the injured person, who should not be moved unless their location is immediately life threatening. If appropriate, emergency services should be contacted using 112 from a mobile phone as it will record your location; alternatively use 999. Finally, a member of the committee should be informed as soon as is practically possible in order that relatives can be informed and incident records made.

#### **Incident records:**

Any incidents should be reported to a club committee member for future reference, and for making known to all club members when appropriate. Actual incidents involving any member or third party shall be formally recorded with a committee member in accordance with England Athletics guidelines. Staying together: The group endeavours to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The group lead should ensure that a head count is taken. Whenever mixed ability occurs within a group, regrouping should take place at appropriate



times along the route to ensure that no one individual gets left behind. If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group. Upon returning to the start the group lead should check that everyone who started out has returned or can be accounted for.

### **Club Member Responsibilities**

- Ensure that you are running safely at all times and keeping to the pavement / route as directed by the run leader.
- Warn other runners around you of impending hazards, pedestrians, cars, brambles, obstructions etc.
- To inform Run Leaders and club Coaches of any minor health issues which might affect your ability to participate in planned activities
- Inform your run leader if you have any significant medical issue which may lead to problems during the run.
- 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 Hi-viz clothing and chest/head torches

Badrat Runners are committed to encouraging members to take part in all club activities, with the health, well-being and safety of each person being a paramount concern. We recommend basic advice on running safely and expect our members to participate within these boundaries