

Health And Safety Policy

Policy Statement

Worthing Striders is committed to encouraging our members to take part in club events, but the health, well-being and safety of each individual is always our paramount concern, including that of third parties such as members of the public.

We recommend levels of training dependent on age and ability and expect all of our athletes to participate within these boundaries.

Health And Safety Policy

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

- Undertake regular risk assessments of all activities undertaken by the Club
- Create a safe environment by putting appropriate health and safety measures in place
- Ensure that all members are aware of, understand, and follow the Club's health and safety policy
- Ensure that each and every Club activity has a Club member who takes the lead on health and safety. For coached sessions it will be the lead coach (LirF) present. For other activities the role will usually be undertaken by the activity organiser
- Adhere to the UKA Approved Code of Practice for the safe conduct of Track and Field Training, as shown here:
https://www.uka.org.uk/wp-content/uploads/2022/10/Codes_of_Practice_-_Training_FINAL-v-1.01.pdf
- The committee will ensure that the content and implementation of this policy is reviewed regularly and monitored for effectiveness.

Responsibilities of Club members

As a Club member you have a duty to:

- Co-operate with the club on health and safety issues, following club guidelines and procedures both written and verbal
- Report any injuries or accidents personally sustained during any club activity
- Correctly use all equipment provided by the club and follow as best you can any guidance or instruction given by a coach
- Not interfere with or misuse anything provided for your health, safety or welfare
- Take personal responsibility for your own safety, whilst keeping a watchful eye on others running in the same group, particularly new members. Remember above all to use common sense and consider others (including non-members and members of the public)
- Familiarise yourself with any individuals who have a recognised emergency first aid qualification within the club
- Medical conditions: All members of the club declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury. Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact details, and to ensure that these details are recorded on Spond. Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate
- Running in the dark: When running in the dark make yourself highly visible by wearing bright clothing, preferably with fluorescent or reflective strips. Be aware that drivers may find it difficult to see you
- Staying in groups: When preparing to set off, ensure you or at least another member in your group are familiar with the proposed route. Whenever mixed ability occurs within a group, regrouping shall take place at appropriate times along the route and also when a change of direction is being made 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, check that everyone who started out has returned or can be accounted for.
- Road Sense: Take particular care when crossing side roads and driveways. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads) runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited. Off road routes are allowed as long

as route risk assessments have been carried out and members are wearing head/body torches at night.