

## **ROTHWELL HARRIERS HEALTH AND SAFETY POLICY**

### **Aim of Policy**

Our aim is to create an environment in which the young athlete (child) and their parent(s), guardian, responsible adult, carer or closest relatives can feel confident that Rothwell Harriers is providing a safe and wholesome setting for all participants in the sport of athletics. The planning and implementation of any activities in any situation should take full account of the safety requirements to ensure the safety of all involved. All whom participate within athletics should act in a manner that is “reasonable” in the light of commonly accepted and approved good practice within the sport of athletics.

Those involved in running athletics activities and events need to ensure that they manage the potential risks that they face and help others to develop a knowledge and awareness of basic safety requirements. Within common law it requires that all coaches, officials, volunteers and administrators have a “duty of care” for those over whom they have a responsibility. By upholding this Health and Safety Policy it is deemed that they satisfy their duty of care requirement and as volunteers cannot be held responsible in the unlikely event that an accident/illness occurs.

As a Club we recommend levels of training dependent on age, experience and ability, and expect our athletes to participate within these boundaries. The club is committed to:

- Support our Health & Safety policy statement and ensure its effectiveness and regular review of club policies in a timely manner.
- To undertake regular, recorded risk assessment of the routes and areas utilised and organised by the club.
- To create a safe environment by putting health & safety measures in place as identified by each risk assessment.
- To ensure that all coaching staff are given the appropriate level of training as appropriate as a volunteer run club.
- To provide access to a qualified first aider whenever possible to assist in the event of injury in line with the first aid policy.
- To ensure that all coaching staff and members are aware to familiarise themselves and adhere and to the club policies that can be accessed through the Rothwell Harriers Junior webpage. Present policies are : Safeguarding

children, inclusion, first aid and anti-bullying policies these are in place to support to ensure the welfare and wellbeing of all athletes.

- To ensure that all coaching staff assist in maintaining membership registration, self-declaration, photographic and medical declaration forms are completed.

#### **Duties of Athletes and Parents/Carers**

- To ensure they complete and update the relevant declaration and membership forms and inform coaching staff of any changes.
- Take reasonable care for own health & safety and that of others who may be affected by what you do or do not do .
- To be guided by your own health and fitness levels dependant on age and maturity and undertake a discussion with coaching staff around training and competition entry.
- To co-operate with the club on all health & safety issues.
- To listen and follow the direction and advice of coaching staff.

Compiled by Jo Heseltine -Welfare Officer and approved by Rothwell Harriers March 2016 Review date March 2018.