

## **Rothwell Harriers & A.C. Health and Safety Policy**

### **Aim of policy**

Our aim is to create an environment in which an athlete 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 will 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 requirements.

As a club we recommend levels of training dependent on ability and experience and expect our athletes to participate within these boundaries.

### **Club’s Responsibility**

- ✓ Support our Health and Safety policy statement and ensure its effectiveness and regular review of club policies in a timely manner
- ✓ To undertake, regular, recorded risk assessments of the routes and areas utilised and organised by the club
- ✓ To create a safe environment by putting health and 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 to the club policies that are in place to support and ensure the wellbeing of all athletes. These policies can be accessed through the Rothwell Harriers webpage
- ✓ To ensure that all athletes complete and maintain their own membership registration, medical/photograph declaration forms

### **Athletes Responsibility**

- ✓ To ensure they complete and update their relevant membership and declaration forms
- ✓ Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do

- ✓ To update the relevant people at the club of any changes to your health that may affect you while running
- ✓ To be guided by your own health and fitness levels. If in doubt a discussion should be undertaken with coaching staff around training and competition entry
- ✓ To cooperate with the club on all health and safety issues
- ✓ To wear appropriate clothing to suit the situation eg. on dark nights you must wear high-visibility retro-reflective clothing. Failure to adhere to this requirement may mean that you are prohibited from taking part in a session at the club. This will be at the sole discretion of the coaches/run leaders. Similarly warm clothing and accessories should be worn in cold weather.  
To have water available and be well-hydrated and properly 'fuelled' before any session to a level appropriate to that session's length and intensity
- ✓ To listen and follow the direction and advice of coaching staff at all times

**Reviewed and amended by Terry Lacy March 2021**

**Recommended review date March 2024**