Health and Safety Policy

Version 1 | September 2022

Totton Running Club are committed to complying with the welfare, and health and safety policies directed by England Athletics and government legislation, to ensure we provide a safe environment for our members.

The responsibilities for Health and Safety rests both with club members and the club committee. Club members are responsible for their own personal safety while the committee ensures arrangements made by the club are fit for purpose.

Club Responsibility

The Club will;

- Publish and maintain a risk assessment for club activities.
- Publish the club's Health and Safety policy.
- Monitor the club's Health and Safety policy for effectiveness and update as required.
- Keep a record of incidents and near misses.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.

Members Responsibility

Members will;

- Take reasonable care for their own health and safety and that of others who may be affected by what they do or do not do.
- Co-operate with Run Leaders, Coaches, and members of the committee on health and safety issues.
- Correctly use equipment provided by the Club.
- Not interfere with or misuse anything provided for health, safety, or welfare.
- Dress with appropriate bright, reflective and /or high visibility clothing, during times of low light/visibility.
- Call out hazards (for example obstructions, vehicles, potholes, POST etc) so that nearby members are aware of the hazard.

General Health and safety

Disclosure of Medical Conditions

Voluntary disclosure of medical conditions shall be the responsibility of the individual member this can be made to a club welfare officer, committee member, coach, run leader, or any other member of the individual's choice.

Reporting Incidents and Near Misses

Near misses should be reported to a committee member who will record the incident for future reference, and report to the committee at the earliest convenience. An update to the club risk assessment may be made if required.

Actual incidents involving any member, or third party shall be formally recorded with a committee member and added to the agenda for review at the next available committee meeting. An update to the club risk assessment may be made if required.

Termination of Activity

Run leaders, Coaches, or members of the Committee may terminate a club activity at any time should they feel that there is a risk to the health or safety of club members or members of the public. A club activity may also be terminated should a situation arise where there is a need to assist with an incident or health and safety matter. Members are kindly asked respect and not question this decision.

General Activities

A group briefing should take place before the start of any session to explain who the group leaders are, the route, stopping/meeting points, and any safety aspects. When running with a group, all members of the group start and finish together, return safely, if you need to finish early let the appropriate Coach or Run leader know you are leaving.

- If you find yourself ahead of the group, please 'loop back' and join the rear of the group. Looping back ensures the group stays together.
- Always take instructions from the group Coach or Run leader.
- Headphones should not be worn during a run.
- Runners should stay alert and be aware of their surroundings.

Road Running

- Where possible busy road and those with no pavements should be avoided.
- At night runs should take place in lighted areas and open roads should be avoided.
- When crossing roads runners must always stop and wait for traffic to pass.
- Runners should always be considerate of other road/pavement users.

Off Road Running (Trail)

- At least one in the group should carry a mobile phone in case of emergency.
- Pay particular attention to the surface you are running on lookout for tripping hazards such as tree routes, large stones, uneven and slippery paths, overhanging branches and overgrown vegetation.
- Be aware of wild animals, particularly Ponies
- Check for Ticks if running through long grass or heathland.
- Adhere to the countryside code and shut all gates etc.

Running at Night

- Runners should wear bright, reflective clothing so they can easily be seen by drivers of vehicles. Wherever possible busy roads and those with no pavements should be avoided.
- Be more aware of where you are putting your feet as hazards are not always easily spotted, such as slipping/tripping hazards, trees, roots, uneven pavements, and other runners.
- Wear a head torch in poorly lit areas which will light up both you and your path.

Extreme Weather

Club activities may be cancelled in the event of extreme weather (See termination of activities)

Hot Weather

Running in the heat poses problems with dehydration being the main one. Signs of dehydration are persistent elevated pulse rate after finishing your run, and dark yellow urine. Thirst alone is not an adequate sign of dehydration.

Carry water if possible.

When running if you become dizzy, nauseated, have dry skin or the chills stop running and try to get a drink. If you feel no better seek medical assistance.

Cold Weather

Ensure you wear the appropriate clothing to suit the conditions.

Try to wear a hat and gloves as these parts of the body play an important role in the regulation of body temperature. However, runners should avoid wearing too many layers of clothing as your body temperature will rise once you start running.

Be particularly careful when running in snowy, icy conditions and avoid running on open roads.

High Winds

High winds can cause trees or branches to fall, and other debris can also be disturbed. There is an increased risk of trip hazards. Avoid running in wooded areas if possible.

Electrical Storms

During electrical storms avoid water and find a low-lying open place that is a safe distance from trees, poles or metal objects. Other hazards during an electric storm to be aware of include hail, decreased visibility, sudden gusty winds, standing water.

Version History

Version	Date	Author	Changes
1.0	September 2022	TRC	Initial Policy