

Health & Safety Guidelines

Club Responsibility

Crystal Peaks Runners aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

Guidelines

These Health and Safety guidelines extend to training sessions and organised Club events. Crystal Peaks Runners will:

- Provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club website
- Ensure that the Club coach has appropriate training to lead Club training sessions
- Organise Club events subject to a suitable and sufficient risk assessment.

Member Responsibilities

Members should familiarise themselves with the Health and Safety Guidance located on the club website. You have a responsibility to do your best to prevent harm to yourselves, your running partners or members of the public. As members you should acknowledge that you owe a duty of care to not willfully injure yourselves or others by your negligent acts or omissions.

Reporting

The Club relies on its members to report to cprunners@gmail.com any problems encountered whilst running on training routes e.g. damaged pavements, potholes, poor visibility etc.

Guidelines Review

The Health and Safety Guidelines, Club procedures and any associated Health and Safety Guidance will be reviewed on an annual basis to ensure that they remain accurate and reflect the Club ethos.

Guidelines

All members agree to abide by the Club's Health & Safety Guidelines as follows:

Safety All club members must take personal responsibility for their own safety and assist others running in the same group, particularly new members.

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. Voluntary disclosure of medical conditions shall be the responsibility of the individual member.

Appropriate clothing Members should wear appropriate clothing for the time of the year and appropriate shoes for the terrain. When running in the dark, members should take responsibility for making themselves highly visible, preferably with fluorescent or reflective strips, and be aware that drivers may find it difficult to see you.

Staying together The group endeavour to stay together as much as possible. Members should listen carefully to the proposed route before setting off. The group lead should ensure that a head count is taken and that a tail runner has been assigned to ensure that no one individual gets left behind. 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.

Road Sense Routes will be planned to avoid unlit roads at night during hours of darkness. Routes passing along roads without footpaths will be avoided wherever possible and when this is not possible (on quiet roads) runners will run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited. When running off road at night members should use a suitable headtorch.

First Aid Members should familiarise themselves with any individuals within the club who have a recognised emergency first aid qualification .

Club Events All sports events organised by the club will be kept under review and if necessary allocated members shall undertake and record risk assessments and Event Health and Safety Plans. All events will be staged in accordance with the rules and guidelines stipulated by the event insurers.

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 by contacting them directly or by emailing cprunnersclub@gmail.com.

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 will be formally recorded with a committee member.

Endorsement These guidelines are endorsed by all Committee Members and Club Members of Crystal Peaks Runners through their new or continued membership of the club.