

SAFFRON STRIDERS RUNNING CLUB



HEALTH AND SAFETY POLICY STATEMENT:

Saffron Striders RC 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 and record these in writing
- Undertake regular, recorded risk assessments of the club premises, should these become available
- Create a safe environment by putting health and safety measures in place as identified by the assessments
- 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 present, for other activities the role will usually be undertaken by the activity organiser. Including social events
- Provide access to adequate first aid facilities, telephone and suitably qualified first aider at all club events
- Maintain two accident books, held and updated by the male and female welfare officers
- Gather reports of any injuries or accidents sustained during any club activity and ensure they are recorded in an accident book and taking appropriate action to mitigate similar accidents
- The committee to ensure that the content and implementation of this policy is reviewed regularly and monitored for effectiveness

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health and safety and that of others (including non-members and members of the public) who may be affected by what you do or not do
- 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 and ensure they are recorded in an accident book
- 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

Dated 24th July 2020

Chairman

Alistair Cooke