

HEALTH & SAFETY POLICY

Women Running Penarth

Health & Safety Guidelines for Women Running Penarth Members

Clubs Responsibility: As far as possible, the club will aim to protect the health & safety of all members engaged in Club Activities and Participating in Club Competition.

Guidelines: In order to achieve its aim, the Club will:

- Endeavour to provide helpful guidance to its members verbally and make the Health & Safety Guidelines available on the Club website.
- Ensure that Leaders have appropriate training to Lead Club Training Sessions, Leaders Details will be available on the Clubs Website.
- Provide First Aid where needed, all our Sessions will have at least one leader qualified in First Aid.
- Ensure that any organised WRP Club Race or Event is subject to a suitable and sufficient risk assessment.

Member Responsibility: Members should familiarise themselves with the Health & Safety Guidance found on the Club Website. As members you have a responsibility to do your best to prevent harm to yourselves, your running buddies, or members of the public.

Reporting: The Club relies on its members to report any problems encountered whilst running during club sessions. For e.g. damaged pavements, potholes, poor visibility etc.

All members agree to abide by the Clubs Health & Safety Guidelines as follows:

Staying Together: The group will stay together as much as possible. Members should take care to listen to proposed route before setting off. Leaders will take a head count and ensure a back leader/helper has been assigned so no-one is left behind. If anyone decides to leave the group run, they must inform at least one other runner in that group. Run Leader will check that everyone who started the session has returned or can be accounted for.

Road Safety: Routes shall be planned to avoid unlit roads in the hours of darkness. Routes passing along roads without footpaths shall be avoided wherever possible. If this is not possible, runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is not available or is limited.

General Safety: All members must take personal responsibility for their own safety, whilst also being aware of others running in the same group, particularly new members. Consideration should be to others and common sense used.

Appropriate Clothing: Members should wear appropriate clothing for the time of year and appropriate shoes for the variations of terrain. When running in the dark members should take responsibility for making themselves highly visible by wearing “Bright Fluorescent Clothing with reflective Stripes. Drivers may find it difficult to see you so please be aware and take caution.

Below is an example of how to be visible:



First Aid: At least one Leader at a club session will be a qualified First Aider, the leader will advise you of this at the beginning of your session.

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. Any members with medical conditions agree where appropriate to carry with them the relevant details of their condition along with their I.C.E. Disclosure of medical conditions shall be the responsibility of the individual.

Incidents: In the event of an incident, members should check if anyone is injured and locate the leader trained in first aid. One member should stay with the injured member, who should not be moved unless their location is immediately life threatening. If appropriate emergency services should be contacted. All members should carry their I.C.E so their relatives can be informed, if no I.C.E is available members should contact a committee member as soon as possible so they can contact the relatives.

Incident Records: Any incidents should be reported to the Clubs Welfare Officer. Any incidents involving a third party (member of the public) should be formally recorded with a committee member.