



Hook Norton Harriers

Health & Safety Policy

1.0 Club responsibility

- 1.1 It is the policy of Hook Norton Harriers (HNH) to ensure, so far as reasonably possible, the health and safety of all athletes and coaches engaged in club training and competition with the club.
- 1.2 Ultimate responsibility for the discharge of this duty lies with the Chairman of the club.
- 1.3 The club will endeavour to provide guidance to members verbally, and make this health and safety policy available on the HNH website.
- 1.4 The club will ensure that any organised club race or club event is subject to a suitable and sufficient risk assessment.
- 1.5 Running as a sport requires that participants often train at different times or pace. This puts the emphasis on the individual and the smaller group when it comes to health and safety and all participants are expected to look after themselves and one another when training with, and competing for, the club.
- 1.6 HNH is affiliated to England Athletics and UK Athletics, both of Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2BE.
- 1.7 It is the responsibility of the committee to bring to the attention of all new members the club's health and safety policy. This statement should be provided in writing to all members, together with annual updates.
- 1.8 The Club health and safety policy is to be displayed on the HNH website, and at Hook Norton Sports & Social Club (HNSSC).
- 1.9 The policy is to be reviewed annually by the club committee, and presented to members at the AGM. The committee shall approve, where appropriate, any changes, and the new, updated policy displayed on the website and at HNSSC.

2.0 Training under the Club's auspices

- 2.1 It is the responsibility of all runners to dress with appropriate light, reflective and/or high visibility kit, as this is very important when running in the dark or in poor visibility.
- 2.2 It is the responsibility of the individual to bring to the attention of all before a session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.
- 2.3 It is the responsibility of all runners to make sure no runner is left running alone – especially when running off-road, in the dark, or in poor visibility.



- 2.4 It is the individual responsibility of all runners to make sure that they cross roads at safe places.
- 2.5 The club relies on its members to report any problems encountered while running on local training routes, including, but not limited to, dangerous or damaged stiles, damaged or cracked pavements, potholes, poor visibility.
- 2.6 Where and when possible, one member of each running group should carry a mobile phone. If there is an incident while running, one member should stay with the injured person, who should not be moved unless their location is immediately life-threatening. Emergency services should be contacted using 112 or 999 as appropriate, and a member of the committee should be notified as soon as possible in order to notify an emergency contact and make a record of the incident.
- 2.7 Any incidents involving any member or a third party should be formally recorded with a committee member in accordance with England Athletics guidelines.
- 2.8 Members should familiarise themselves with any club members who have a recognised emergency first aid qualification, and also familiarise themselves with the location of the nearest first aid kit and defibrillation device.

3.0 General guidance

- 3.1 Relevant portions of the above should be taken into account by members when running (whether at/near Hook Norton Sports & Social Club or elsewhere).
- 3.2 All club members must take personal responsibility for their own safety, whilst looking out for others running with them, particularly new members.
- 3.3 Members should seek advice from experts and professional practitioners beyond HNH as appropriate, regarding issues such as, but not limited to, diet and injuries as a result of the sport.

4.0 Medical conditions

All club members declare themselves medically fit to run at their own risk and not hold the club responsible for any incident or accident occurring through a personal medical condition or injury. Members with any known medical condition agree, where appropriate, to carry emergency contact details and details of their condition with them. Voluntary disclosure of medical conditions is the responsibility of the individual member (or carer) in circumstances where they consider an individual risk assessment may be appropriate.