



Tyne Bridge Harriers

Health & Safety Policy



HEALTH AND SAFETY POLICY STATEMENT

Tyne Bridge Harriers is committed to encouraging members to take part in all club activities in a manner which places the health, safety and well-being of each person involved at the highest priority.

HEALTH AND SAFETY POLICY

To support our Health and Safety policy statement members of the club Committee are committed to the following duties:

- Undertake regular, recorded risk assessments on key activities undertaken by the club.
- Create a safe environment by putting safety measures in place as identified by the risk assessments.
- Ensure that all members are given the appropriate guidance in respect of running safely (via Run Leaders and Coaches at run sessions; via the club website, any other means of communication deemed suitable and appropriate).
- Ensure that all members are aware of their duty of care to each other.
- Ensure access to appropriate first aid facilities (i.e. befitting of a local running club) and that Run Leaders/Coaches know how to access them.
- Encourage the reporting of injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

CLUB MEMBERS' RESPONSIBILITIES

Club members are expected, and required to take responsibility for their own safety and that of those around them, this includes:

- Ensuring you are running safely at all times and keeping to the pavement (if applicable) / route as directed by the run leader.
- Warn other runners around you of impending hazards, pedestrians, street furniture, traffic etc.
- To inform Run Leaders and club Coaches of any minor health issues or injuries which might affect your ability to participate in planned activities.
- Inform your coach or run leader if you have any significant medical issue or injury which may lead to problems during the run.

Note: any medical issue shared with a leader or coach will remain in confidence unless the athlete gives permission otherwise.

FIRST AID

In line with the requirements of UKA that all new coaches and leaders, and those renewing their licence, have an in-date first aid qualification, the club will support people in obtaining the required certification.

Run leaders are requested to make themselves familiar with the locations of public defibrillators and locations where assistance could be sought in the areas where sessions are regularly held.

Run Leaders should carry a mobile phone during club training sessions.

This policy, and other important Club Policies, are available on the club website.