

## RRC Health & Safety Guidelines

**Club Responsibility:** As far as possible, the Club will aim to protect the health and safety of all members engaged in Club activities.

**Guidelines:** The scope of the Health and Safety Guidelines extends to club runs and organised club races. In order to achieve its aim, the Club will:

- Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club website.
- Ensure that any organised club race is subject to a suitable and sufficient risk assessment.
- Provide suitable facilities and equipment for Club races including First Aid and Welfare facilities as per the race specific risk assessment.

**Member Responsibility:** Members should familiarise themselves with these Health and Safety Guidelines. As members 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 wilfully injure yourselves or others by your negligent acts or omissions.

### The Guidelines:

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

**Safety generally:** All club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members. Consideration should be given to others, and common sense used. Members should be aware of the advice available through running magazines and other sources on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport. Advice should be sought from experts and professional practitioners outside the running club as appropriate.

**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. As appropriate, members should request regular check-ups with their General Practitioner. 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 or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

**Club Runs:** All our club runs are social runs with no coaching element. Where a member leads a club run it is expected that it is a route they are familiar with, that it follows appropriate rights of way and it is suitable for the ability of those taking part. Since all club runs take place on public rights of way, the Club and the run leader accept no responsibility for injuries or incidents. Guidance published at <https://www.runbritain.com/training/runsafer/> should be followed when running on road. Likewise, the [Countryside Code](#) should be followed when running off road.

**Staying together:** The group endeavour to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The group lead should ensure that a head count is taken and that a tail runner (**back-marker**) 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.

**Club Races:** All races organised by the club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and Health and Safety Plans. All events shall be staged in accordance with the rules and guidelines stipulated by Welsh Athletics and their 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 if one is available. 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 999. Finally, a member of the committee should be informed as soon as is practically possible in order that relatives can be informed and incident records made.

**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 shall be formally recorded with a committee member in accordance with Welsh Athletics guidelines.