



Health and Safety Policy

Part 1: Statement of intent

This is the health and safety policy of:
Lordshill Road Runners

Our health and safety policy is to:

- Prevent accidents and injuries in runners taking part in training sessions and other club-led running events
- Manage health and safety risks in our group training sessions
- Provide adequate training for our run leaders and coaches to run their group training sessions safely and competently
- Ensure all club members are aware of the club's safety guidelines and the expected code of conduct of athletes
- Review and revise this policy regularly, or when a change in law or club constitution requires this

Signed: G Cook (club secretary); Date: 23 May 2022; Review due: May 2023

Part 2: Responsibilities for health and safety

Overall and final responsibility for health and safety:

- chair and vice-chair: Rob Agar and Timothy Sly

Day-to-day responsibility for ensuring this policy is put into practice:

- run leaders and coaches: see run leaders/coaches listed on the training schedule on our website
- coaching coordinator: Mat Pidgeon
- welfare officers: Women's Welfare Officers – Antonia Mintoff and Sarah Kay; Men's Welfare Officers – James Saunders and Timothy Sly

To ensure health and safety standards are maintained and improved, the following people have responsibility in the following areas:

- safety and risk assessment of group training sessions: run leaders, coaches and coaching representative

- monitoring and reporting of accidents: run leaders, coaches, coaching representative, welfare officers, chair and vice-chair
- first aid training and provision: coaching representative, chair and vice chair
- maintaining training of run leaders and coaches: coaching representative

All club runners should:

- take reasonable care for their own health and safety;
- co-operate with run leaders and coaches when training in a group session;
- assess their own fitness levels when deciding what training to undertake and what competitions to enter;
- adhere to the guidelines and protocols when representing the club at league races and other events;
- ensure the club's safety guidelines and athlete code of conduct are followed;
- report all health and safety concerns to an appropriate person (as detailed above).

Part 3: Arrangements for health and safety

To support our health and safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessments of all activities organised by the club (see our current document - *LRR risk assessment May 2022*).
- Putting health & safety measures in place as identified by the risk assessment and communicating this to all members.
- Ensure that all run leaders and coaches are given the appropriate level of training and that this is renewed at regular intervals (currently every 3 years), which involves an online safeguarding course and a re-validation of DBS.
- When joining Lordshill Road Runners all members are required to agree to follow the club's safety guidelines and athlete code of conduct (see website under policies).
- Run leaders or coaches to report any injuries or accidents sustained during any club activity on the club's Accident Form, inform the coaching representative and, if appropriate, escalate any concerns to England Athletics.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness. The safety guidelines and code of conduct are to be reviewed by the committee annually, at the very least.
- This should be a standing item after every AGM – all club policies to be reviewed by new members and changes to be amended and ratified.