

Health and Safety Policy

Introduction

Harwell Harriers Running Club is committed to ensuring the health and safety of all its athletes and coaches.

In order to achieve this this, the club will;

- Undertake regular, recorded risk assessments of activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that members are given the appropriate level of briefing and supervision prior to, during and on completion of Club sporting activities, commensurate with the activity taking place.
- Ensure that all members are aware of, understand and follow the Club's Health and Safety Policy
- Report any significant injuries or accidents sustained during Club sporting activities.
- Ensure that this policy and its implementation is reviewed annually at the AGM.

All members have a duty to;

- Take reasonable care for their own health and safety and that of others who may be affected by what they do or do not do.
- Abide by the Harwell Harriers Code of Conduct
- Co-operate with the Club on health and safety issues.
- Notify the Welfare Officers of any accident or incident that occurs during a Club session.
- Correctly use all equipment provided by the Club.
- Not interfere with or misuse anything provided for health, safety or welfare.
- Dress with appropriate light, reflective and /or high visibility kit. This is very important when running in the dark or poor visibility conditions.
- Bring to the coach's attention before a session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.
- Ensure that no runner is left running alone. This is especially important when running off road, in the dark or poor visibility conditions.
- Make sure that our members cross roads at safe places.