

## **Harwell Harriers Accident and Emergency Protocol**

At Harwell Harriers, the safety and well-being of our members are of paramount importance. As part of our commitment to ensuring a safe running environment, all members are required to adhere to the following guidelines in case of accidents or emergencies during club activities:

### **1. Duty of Care:**

- All runners are responsible for their own and each other's safety and well-being during club sessions.
- Maintain awareness of fellow runners and be prepared to assist in case of an emergency.
- No-one gets left behind. Buddy-up with similarly paced runners for Thursday route sessions, and slow down to run with the person behind if they are alone.

### **2. Carrying a Phone:**

- It is mandatory for all runners to carry a mobile phone during club runs.
- Phones should be charged and easily accessible to enable prompt communication in emergencies.

### **3. Emergency Procedures:**

- In the event of a severe emergency or a situation requiring immediate medical attention (e.g., serious injury, health crisis), dial 999 to request an ambulance.
- Remain calm and provide accurate details of the location and nature of the emergency to the emergency services operator.

### **4. Minor Accidents and Injuries:**

- For minor accidents or injuries during club sessions, promptly notify the session Coach or Run Leader.
- Our Coaches and Run Leaders are first-aid trained and able to provide immediate assistance and appropriate support.

### **5. Following Guidance:**

- Adhere to the instructions provided by the Coach or Run Leader in the case of an accident or emergency.
- Remain on-site until appropriate action is taken, and medical assistance is provided or the situation is resolved.

### **6. Emergency Contact & Health Information:**

- Ensure your emergency contact details are updated in the RunTogether 'Runner' mobile application (used to book onto club sessions) for reference in case of an emergency involving you. This can be done in the 'My group run details' section.
- Any long term illnesses, health problems or impairments that Coaches or Run Leaders should be aware of must be registered in the 'Runner' application also, in the 'My group run details' section.

Remember, the well-being of our members is a collective responsibility. By adhering to these guidelines, we can create a safer and more secure running environment for everyone.

This protocol is subject to periodic review and updates as needed.

For any further queries or information, please contact the Club Welfare Officer.