



Inspire Runners Chichester January 2025

Health & Safety Policy

Incorporating Inspire Runners Chichester Health and Safety Guidelines

Club Responsibility: As far as reasonably possible, the club will aim to promote and protect the health, safety and welfare of all members to whom we owe a duty of care including athletes engaged in club training and participating in any club competitions and volunteers through a commitment to the development of a positive health and safety culture.

Guidelines: The scope of the club's Health and Safety Guidelines extends to training sessions and any other organised club events. In order to achieve its aim, the club will:

- Endeavour to provide helpful guidance to members verbally at training sessions
- Ensure that club run leaders and coaches have appropriate training to lead club training sessions.

Member Responsibility: As members of **Inspire Runners Chichester** you have a responsibility to do your best to prevent harm to yourselves, other members and also members of the public. As members you should acknowledge that you owe a duty of care to not willfully injure yourselves or others by your negligent acts or omissions.

Reporting: The club relies on its members to report any problems encountered whilst running on training routes. For example, dangerous stiles, damaged pavements, potholes, poor visibility etc.

Guidelines Review: The club's Health and Safety Guidelines, club procedures and any associated health and safety guidance will be reviewed, at least on an annual basis, to ensure that they remain accurate and reflect the club ethos.

INSPIRE RUNNERS CHICHESTER Health and Safety 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 general advice available online and through other sources in relation to the sport 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.

Appropriate clothing: Members should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for the variations of terrain. When running in the dark members should take responsibility for making themselves highly visible by them wearing bright fluorescent clothing with reflective markings. Please be aware that drivers may find it difficult to see you.

Staying together: The group endeavor to stay together as much as possible. Members should take care to listen to the planned 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, where appropriate and deemed necessary, 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.



Road Sense: Routes shall be planned to avoid unlit roads at night during hours of darkness. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads) runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited.

First Aid: Members shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the club. This currently includes all run leaders and coaches.

Club Events: All sports events organised by the club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and event health and safety plans. All events shall be staged in accordance with the rules and guidelines stipulated by England Athletics and their insurers.

Incidents: Whenever reasonably possible, at least 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. 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 112 or 999. Finally, a member of the committee should be informed as soon as is practically possible in order that relatives can be informed where appropriate 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 England Athletics** guidelines.