



# HORLEY HARRIERS

## Health and Safety Policy

Health and safety guidelines for Horley Harriers:

Horley Harriers (HH) is committed to encouraging all members to participate in all club activities, with the health and safety of everyone being our paramount concern.

We recommend basic advice on safe running and expect all our members to run within these boundaries.

All accidents and incidents that relate to any HH activities, which could impact upon the welfare of HH members or members of the public, will be investigated and the outcome reported to the committee who will act as they deem necessary.

Health and safety policy:

To support our Health and Safety policy the Committee/Coaches are committed to the following duties:

- Undertake regular, recorded risk assessments on key activities undertaken by the club.
- Create a safe environment by putting safety measures in place as identified by the risk assessments.
- Ensure that all members are given the appropriate guidance in respect of running safely (via coaches or run leaders at training sessions; via club website, Facebook group and through welcome pack for new members).
- Ensure all members are familiar with this, Health and Safety Policy, and Code of Conduct.
- Ensure all members are aware of their duty of care to each other.
- Ensure members are aware of how to access first aid treatment if needed.
- Encourage the reporting of injuries/accidents or near misses which happen during club activities.
- Ensure the policy is regularly reviewed and monitored for effectiveness.

Club Members Responsibilities:

- During club runs always be aware of who the coach / run leader / tail runner / assisting coach (if assigned) are.
- Ensure you are running safely at all times and keeping to the pavement / route as directed by the coach / run leader.
- Warn other runners around you of any potential hazards (pedestrians, cyclists, traffic, trip hazards etc)
- Never blindly follow another runner assuming the road is clear. Check before crossing.
- To inform coaches / run leaders of any injuries or health issues which may lead to problems while running.
- To report any incidents or accidents to the coach / run leader as soon as practical.



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- To ensure you inform the coach / run leader if you intend to leave the session early.
- To ensure you are wearing appropriate clothing for the conditions and terrain. If running in the dark members should make themselves visible by wearing bright, fluorescent clothing and using head or chest mounted lights to further aid visibility.
- To report any potential hazards that may occur during a session to the coach or run leader as soon as possible (e.g. cars parked on pavements potholes etc).

### First Aid

- All club coaches are encouraged to become qualified in basic first aid.
- The Lead 'On Duty' club coach will carry a basic first aid kit and a mobile phone during training sessions and group runs.