

# **TRING RUNNING CLUB**

## **Health and Safety Guidelines**

### **Club Responsibility**

The Club acknowledges that there is no specific legislation in place which requires it to protect the health and safety of its members. However, as far as is reasonably practicable, the Club will aim to protect the health and safety of all members engaged in Club training and events as well as Club competition.

The Health and Safety Guidelines will be available to members on the Club website and reviewed on a regular basis to ensure they remain accurate and reflect the Club ethos.

### **Member Responsibility**

All Club members should familiarise themselves with, and agree to follow, the Health and Safety Guidelines available on the Club website.

Members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members. Remember above all use common sense and give consideration to others.

The running with dogs is not permitted.

### **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. 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 in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate. If you have any concerns about taking part in any exercise please contact your GP.

### **Headphones**

In the interest of safety, please do not wear headphones when taking part in club runs.

### **Appropriate Clothing**

Members should understand the value of wearing appropriate clothing for the time of year and appropriate shoes for any variations in terrain. When running in the dark members should wear head torches and take responsibility for making themselves highly visible by wearing bright clothing, preferably with fluorescent or reflective strips.

### **Staying Together**

Each group will endeavour to stay together as much as possible. The group lead should ensure that a head count is taken and that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route. If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group.

### **Incidents**

Whenever reasonably possible, one member of each group should carry a mobile phone. In the event of an incident first check if anyone is injured. Try not to leave the injured person unaccompanied. For serious injuries do not attempt to move the injured person unless their location is immediately life threatening. If appropriate, emergency services should be contacted.

### **Endorsement**

These Guidelines are endorsed by all Committee Members and Club Members of Tring Running Club through their new or continued membership of the Club.