



Eden Runners Health & Safety Policy

Health and Safety Policy Statement:

Eden Runners is committed to encouraging its members to participate in club running activities, however the Health, Safety and Well-Being of each individual is our top priority.

Club activities are defined as those organised and operated to club protocols in line with England Athletics guidelines and advertised on Eden Runners TeamApp and website.

To deliver on this, we are committed to the following duties:

- Undertake regular, recorded risk assessment of all sporting activities organised by the club
- Create a safe environment by putting health & safety measures in place as identified by the assessment
- Provide clear instruction, information and adequate training to ensure coaches and run leaders are competent
- Ensure that all members are aware of, understand and follow the club's health & safety policy
- Appoint a competent club member to lead on health and safety responsibilities
- Report any injuries or accidents sustained during any club activity to the Health and Safety Officer (or Chairperson in their absence)
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness

DATE: 17 October 2020

REVIEW DATE: 17 April 2021

DATE: 10 May 2021 - Reviewed no changes. Next review date 10 September 2021

DATE: 13 January 2022 – Reviewed. Replaced 3. All coaches/run leaders will hold a current training qualification and DBS check to , All coaches/run leaders will hold a current licence (which includes a DBS check). Next review date 13 August 2022.

Responsibilities for Health and Safety:

Overall responsibility: The committee – See website 'committee members' for information

Organised activities: coaches/run leaders and participants. Race organisers.

Monitoring/improvement of standards: Club health and safety Officer (Emma Nieslen) and committee

All club members should:

- Take reasonable care for your own health & safety and that of others who may be affected by what you do or do not do
- Assess your own fitness levels and experience when deciding what training to undertake
- Upon joining, make the club aware of any relevant medical conditions, injuries or prescribed medications that may affect the safety of you or other during club activities (and also if any conditions emerge whilst being a club member)
- Co-operate with the club on health & safety issues
- Wear suitable clothing for the weather and light conditions and carry the required kit for trail and fell runs (see information on website/TeamApp)
- Report all health and safety concerns to an appropriate person (as detailed above).

Arrangements for Health and Safety

1. The club will appoint a competent club member to assist with health and safety responsibilities which will be outlined in a role description.
 2. The club will appoint 2 welfare officers – male and female.
 3. All coaches/run leaders will hold a current licence (which includes a DBS check)
 4. Coaches/run leaders will be offered emergency first aid training and be encouraged to partake.
 5. The club will be proactive in finding safe environments for club training sessions to take place.
 6. Club training activities will be risk assessed and all such risk assessment will be available for club members to view.
 7. Risk Assessments will be carried out for club hosted events. Each race will have its own committee overseen by the race coordinator.
 8. The club will have a safeguarding policy that is regularly reviewed.
 9. All incidents and accidents must be reported to the health and safety officer who will consider all incident and accident reports and decide if they need to be reported to the UKA.
 10. Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
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