



EPSOM ALLSORTS RUNNING CLUB
HEALTH AND SAFETY POLICY



GENERAL STATEMENT

The Club Chairman will make every effort to ensure that Epsom Allsorts Running Club recognises and accepts its responsibility for the provision and maintenance of a safe environment and of safe practices for its members; and for taking all steps that are reasonably practicable to achieve this objective.

It is also the responsibility of all club members to help achieve this objective. Club Members should take responsibility for, and care of, their own health & safety, as well as assisting the Club and its Committee in achieving its objectives.

All members should report any health and safety issues that they may be aware of, either to Chair, or to a Committee Member, where they will be acted upon as necessary and as soon as possible.

All accidents and incidents relating to Epsom Allsorts activities which may impact on the health, safety or welfare of Epsom Allsorts members, or members of the public, will be investigated and the outcome reported to the Committee for any action that may be considered necessary.

In order to ensure that the requirements of this general statement are achieved, the following matters will form the basis of the organisation and arrangements to be implemented and monitored by Epsom Allsorts:-

- Arrangements for the effective planning, implementation, and monitoring of health & safety for specific events,
- The provision of information to all EPSOM ALLSORTS members about health & safety matters, and
- Where necessary, specialist advice and information will be sought from expert bodies, e.g. England Athletics (EA), UK Athletics (UKA) and EA / UKA welfare organisations.

The Club Chairman will make every effort to ensure that the requirements of this policy are carried out to secure and maintain the health and safety of all EPSOM ALLSORTS members.

Jeanette Skipp
EPSOM ALLSORTS Club Chair
December 2021

PART 2

Organisation and Arrangements for the Effective Planning, Implementation and Monitoring of Health & Safety.

1. Health & Safety matters shall be considered at a Committee meeting if any of the following matters have been reported:
 - Any reported accidents or incidents to members,
 - Any works or actions required to comply with EPSOM ALLSORTS risk assessments,
 - Any other health & safety information received from the EA, UKA or any other statutory body.
2. An annual report on health and safety issues shall be made to the EPSOM ALLSORTS Annual General Meeting.
3. This Policy shall be brought to the attention of all members on their acceptance to the Club. All members shall be encouraged to report any H&S issues to a Committee Member
4. This Policy shall be reviewed on an annual basis and shall be available on the Club's website for information.
5. Risk Assessments will be reviewed annually or more frequently if deemed necessary.
6. In addition to Risk Assessments, Guidance Notes shall be available to which all members will be expected to adhere for their own safety. These Guidance Notes will form part of this Policy and will also be available on the Club's website.
7. The Hogsmill Race Committee will complete a Risk Assessment for the event.

EPSOM ALLSORTS RUNNING CLUB
Safety Guidance Notes for All Members

For their own safety and for the safety of others, all Members should be aware of and take heed of the following general guidelines. Many of these points are also covered in the Generic Risk Assessment for Club Runs and activities.

1. Always exercise due care when crossing roads, and never blindly follow the runner in front assuming that the road is clear.
2. When there is no footpath or other circumstances demand that you have to run in the road, ALWAYS run facing the oncoming traffic.
3. When running during hours of dusk or darkness, always wear some form of high visibility clothing and head torches / lights are recommended.
4. When running across any golf course, make sure you look both ways and give way to golfers who are playing across your path.
5. The majority of accidents reported involve slips, trips and falls whilst out running. Members should take particular care therefore when running in tight groups and when running off-road.
6. During Club runs, you should know and be able to recognise other runners within your group. If you are new to that group, you should make yourself known before the run starts.
7. Never leave the group you are running with, without letting another group member know that you are leaving and the reasons why.
8. Familiarise yourself with the controls that are identified in the Risk Assessments set out in the Appendix to this Policy and make every effort to comply with them as necessary.
9. If you become aware of any safety issues, you should bring them to the attention of the Club Chair, or another Committee Member without delay so that remedial action can be taken. Details of all Committee Members are available on the Club website www.epsomallsorts.org.uk . Alternately email info@epsomallsorts.org.uk
10. If you are involved in an accident or other incident during a club run, you must inform a Committee Member so that the event can be recorded and investigated as necessary.
11. Runs or other events that are organized by individual members on an 'ad-hoc' basis are deemed to be unofficial events. They are therefore not subject to EPSOM ALLSORTS's rules and guidance; although every member who participates in such events is advised to adhere to the general rules and guidance as necessary for their own personal safety.
12. Lone running – No member should run alone as part of the Club.

APPENDIX 1 - Risk Assessment for Club Runs
APPENDIX 2 – Risk Assessment for Track

Appendix 1

Risk Assessment: Tuesday and Thursday Club Nights and Sunday Morning Runs

Date:	Assessed by:	Location :	Review :
07 /12 /21	Liz Baldwin	Epsom	07/12/22

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Slips trips and falls	Runners, members of public, cyclists	<ul style="list-style-type: none"> • Wear high visibility clothing • Change routes between summer and winter – roads in winter • Cross at designated crossings • Use well-lit routes 	M	<ul style="list-style-type: none"> • Wearing of headlamps / torches 	L	All	04/01/23	Ongoing
Lone running – may be assaulted	Runners	<ul style="list-style-type: none"> • No one runs alone • If anyone injured someone walks them back • Stay as a Group • Use well-lit routes 	M	<ul style="list-style-type: none"> • Someone carries mobile phone 	L	All	04/01/23	Ongoing

Abuse by public – running in groups	Runners, members of public, cyclists	<ul style="list-style-type: none"> • Whenever possible do not run in cycle lanes (Horton) • Be cautious and pass pedestrians safely • Wear hi visibility clothing 	L	<ul style="list-style-type: none"> • Where appropriate give advanced warning to pedestrians 	L	All	04/01/23	Ongoing
Potential injury to / by a horse whilst running on the Downs or Horton Park / Epsom Common	Runners, horses, riders, pedestrians	<ul style="list-style-type: none"> • Give horses wide birth • Run past slowly in single file 	M	<ul style="list-style-type: none"> • Stop and allow hoses to move past • Do not approach horses from rear without advanced warning • Listen to riders 	L	All	01/05/23	Ongoing
Someone gets lost	Runners	<ul style="list-style-type: none"> • Ensure that all members know the route • Never leave anyone behind 	L	<ul style="list-style-type: none"> • Where possible run in pace appropriate groups • If a number of runners have a slower pace and are a distance behind, run back to rejoin them 	VL	All	03/01/23	Ongoing

Appendix 2

Risk Assessment: Wednesday Track Club Night

Date:	Assessed by:	Location :	Review :
09/02 /22	Debbie Heffernan	Harrier Centre – Track Poole Road, Ewell, Epsom KT19 9RY	09/02/23

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Injuries from slipping due to worn track or loose kerbing	Athletes/Coaches /Helpers	<ul style="list-style-type: none"> Runners wear adequate footwear Removal of any debris or equipment in a safe area 	M	<ul style="list-style-type: none"> The track is inspected by the coach prior to the start of a session 	L	Coach	Every Wednesday evening at 6:45 pm	Ongoing
Cuts and sprains from collisions with other persons	Other athletes/Runners	<ul style="list-style-type: none"> Runners are disciplined with remaining in designated lanes The Main session starts when there is no risk of 	M	<ul style="list-style-type: none"> Shout 'track' when others encroach into designated lanes 	L	All	Ongoing	Ongoing

		collisions from other groups						
Cuts and strains from slipping on a slippery track due to weather	Athletes/Coaches /Helpers	<ul style="list-style-type: none"> The track is inspected by the coach prior to the start of the session 	M	<ul style="list-style-type: none"> Porous surface should be cleaned regularly to allow for drainage 	L	Coach/ Facility staff	Ongoing	Ongoing
Injury from not being able to see track due to time of Day/Lighting conditions	Athletes/Coaches /Helpers	<ul style="list-style-type: none"> Adequate floodlighting is installed 	L	<ul style="list-style-type: none"> Notify facility staff when bulbs blow 	L	ALL	Ongoing	Ongoing
Medical emergency - Runner stops breathing due to heart attack	Athletes/Coaches /Helpers	<ul style="list-style-type: none"> Defibrillator on site First Aider on site 	L	<ul style="list-style-type: none"> Commence CPR whilst ambulance is called 	L	First Aider/ Runners	09/03/2022	Ongoing