

Health and Safety Policy

Health & Safety Policy Statement

Runners-next-the-Sea is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability and expect all our athletes when participating to do so within these boundaries.

Health and safety policy

To support our Health and Safety policy statement we are committed to:

- Undertaking regular, recorded risk assessments of the club training locations and all activities undertaken by the club and making these available on the club website
- Creating a safe environment by putting health and safety measures in place as identified by the assessment
- Making sure that all members are given training that is appropriate to their age, maturity fitness and development
- Making sure that all members are aware of, understand and follow the club's health and safety policy
- Appointing a competent club member to assist with health and safety responsibilities
- Making sure that normal operating procedures and emergency operating procedures are in place and known by all members
- Providing access to adequate first aid facilities at all times
- Reporting any injuries or accidents sustained during any club activity
- Making sure that the implementation of the policy is reviewed regularly and monitored for effectiveness

Club members have a duty to:

- Take reasonable care of their own health and safety and that of others who may be affected by what they do or not do
- Co-operate with the club on health and safety issues
- Correctly use any equipment provided by the club