Health & Safety Policies

Health & Safety Policy Statement

Introduction

Broseley Joggers is strongly committed to encouraging our members to take part, but the health, well-being and safety of everyone is always our paramount concern.

We recommend levels of training dependent on age and ability and expect our athletes to participate within these boundaries.

Health and Safety Policy

To support our Health & Safety policy statement we are committed to the following duties:

- Undertake risk assessments of all sporting activities organised by the club
- Create a safe environment by putting health & safety measures in place as identified by the assessment
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability
- Ensure that all members are aware of, understand and follow the club's health & safety policy
- Appoint a competent club member to assist with health and safety responsibilities
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members
- Provide access to adequate first aid facilities at all times including qualified first aider whenever possible
- Report any injuries or accidents sustained during any club activity
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness

Members' Health and Safety Duties

- Take reasonable care for your own health & safety and that of others who may be
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter
- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club

- Do not interfere with or misuse anything provided for your health, safety or welfare

Health & Safety Policy

1.0 Overview

1.1 It is the policy of the **BROSELEY JOGGERS** to ensure, so far as reasonably possible, the health and safety of all athletes and coaches engaged in training and competition with the club

1.2 Ultimate responsibility for the discharge of this duty lies with the Chairman of the club.

1.3 Running as a sport requires that participants often train at different times or pace. This puts the emphasis on the individual and the smaller group when it comes to health and safety and all participants are expected to look after themselves and one another when training with and competing for the club.

1.4 **BROSELEY JOGGERS** is affiliated to England Athletics

1.5 It is the responsibility of the committee to bring to the attention of all new members the club's health and safety policy. This statement should be provided in writing to all members, together with any annual updates.

1.6 The Club health and safety policy is to be displayed on the website.

1.7 The policy is to be reviewed annually, in consultation with members of the committee. The committee shall then approve, where appropriate, any changes, and the new policy displayed updated on the website.

2.0 Training

2.1 It is the responsibility of all runners to dress with appropriate light, reflective and /or high visibility kit. This is very important when running in the dark or poor visibility conditions.

2.2 It is the responsibility of the individual to bring to the attention of all before a session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.

2.3 It is the responsibility of all runners to make sure that no runner is left running alone. This is especially important when running off road, in the dark or poor visibility conditions.

2.4 It is the individual responsibility of all runners to make sure that they cross roads at safe places.