



Thornbury Running Club Health & Safety Policy

Statement of Intent

Thornbury Running Club delivers Run night meetings and running events in the local area of Thornbury, South Glos.

The main purpose of this policy is to:

- Ensure Safety is considered for our club members and competitors during these activities.
- Ensure members understand their own role and the role of the club officers in the event of any incidents or accidents
- Ensure the duty of care legal arrangements for Health and Safety are fit for purpose

Responsibilities for Health & Safety

The responsibilities for H&S rests both with club members and the club committee. Club members are responsible for their own personal safety while the committee ensures arrangements made by the club are fit for purpose.

Runners are responsible to ensure they are both fit and correctly equipped to run (e.g. correct footwear, clothing, hi-viz and head torches) and discussing any concerns with the Run leader.

Day to day H&S is delegated to the club Health and Safety officer to ensure the necessary processes are in place but the committee members are the decision makers when it comes to policy .

The club committee has a duty of care responsibility in law for club activities.

Arrangements for Health & Safety

At least annually and on membership renewal each club member acknowledges they are responsible for their own health & safety while running. This is a part of the renewal form which all members have to complete (both new and existing).

Each activity by the club is covered by an active Risk Assessment which is regularly reviewed by the club H&S officer and committee based on lessons learnt from club activities.

During their induction Run leaders, Coaches and Race Directors are asked to read and act on the Risk Assessments provided by the club.

Any accidents are reported by the applicable run leader via the club online accident log and then (by the club H&S officer) further reported to UK Athletics via their online portal.

Club Liability insurance is provided by the club's UK Athletics incorporation.

The club H&S policy is to be displayed on the club Website.



On club night it's normally club practice for each of the speed groups to have a qualified (with DBS Check) run leader, whether or not that leader is performing a leading function on that night. However there will be rare occasions when a DBS qualified leader is not available or has to pull out at the last minute. This is acknowledged within the policy.