



# Bushfield Joggers Health & Safety Policy

## HEALTH AND SAFETY POLICY STATEMENT:

Bushfield Joggers is committed to encouraging members to take part in all club activities, with the health, well-being and safety of each person being a paramount concern. We recommend basic advice on running safely and expect our members to participate within these boundaries.

## HEALTH AND SAFETY POLICY:

To support our Health and Safety policy statement members of the club Committee are committed to the following duties:

- Undertake regular, recorded risk assessments on key activities undertaken by the club.
- Create a safe environment by putting safety measures in place as identified by the assessments.
- Ensure that all members are given the appropriate guidance in respect of running safely (via Run Leaders and Coaches at run sessions; via the club website, Facebook group and via email. newsletters.
- Ensure that all members are aware of their duty of care to each other.
- Ensure access to appropriate first aid facilities (i.e. befitting of a local running club).
- Encourage the reporting of injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

## CLUB MEMBERS' RESPONSIBILITIES

Note, these are stated within the *Code of Conduct* for Members:

- Ensure you are running safely at all times and keeping to the pavement / route as directed.
- Warn other runners around you of impending hazards, pedestrians, brambles, obstructions etc.
- To inform Run Leaders and club Coaches of any minor health issues which might affect your ability to participate in planned activities
- Inform your coach or run leader if you have any significant medical issue which may lead to problems during the run.

## FIRST AID:

- Bushfield Joggers will commit to provide qualified first aiders within the club membership.
- A basic first aid kit will be available during training sessions and group runs.