

Tattenhall Runners

Health and Safety Policy

Tattenhall Running club is committed to ensuring that all members take part in activities that are safe and well managed. Our runners' well-being and safety, in addition to enjoyment and participation, is our paramount concern.

1. The Policy

In order to offer a full complement of weekly runs, not all run leaders will be England Athletics coach trained. However, all run leaders will be aware of the club health and safety policy and the risk assessments that are in place.

To support and promote Health and Safety at the club, we are committed to the following duties:

- The use of risk assessments for the 2 core activities undertaken by the club; road and off-road running. In addition, the use of risk assessments to capture all reasonably foreseeable hazards for club managed races, with the risk controlled as low as reasonably practicable (ALARP).
- Creating a safe environment by putting health and safety measures in place as identified by the assessments.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Leaders will be aware of the club health and safety policy and the risk assessments that are in place.
- Report any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

2. As a club member you have a duty to:

- Take reasonable care for your own health and safety and that of others who may be affected by your actions
- Co-operate with the club on health and safety issues
- Report any and all incidents that you observe (e-mail club leader or chairman)

3. Appointed posts

The Tattenhall Runners committee will take overall responsibility for health and safety at the club.

The committee includes a Welfare Officer (currently Alex May).