

WOKING AC – HEALTH AND SAFETY POLICY

CLUB RESPONSIBILITY

As far as possible the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

The scope of the Health and Safety guidelines extends to training sessions and organised Club events.

To achieve its aim, the Club will:

- Undertake regular, recorded risk assessment of those areas applicable to and used by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that Club coaches and run leaders are suitably experienced to assist with Club training sessions and groups.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that additional risks associated with leading groups away from the premises such as darkness and adverse weather conditions are considered, mitigated, and shared with members.
- Provide access to adequate first aid facilities.
- Report any injuries or accidents sustained during any club activity. (Please refer to incident report form).
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness. (Health and Safety officer working in conjunction with the Committee).

MEMBER RESPONSIBILITY

Members will:

- Familiarise themselves with and abide by the Health and Safety Guidance located on the Club website when they join and on annual renewal of membership.
- Do their best to prevent harm to themselves, training partners or members of the public.
- Acknowledge that they owe a duty of care to not wilfully injure themselves or others by negligent acts or omissions.
- All members of the Club declare themselves medically fit to train at their own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury.
- Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address, and emergency phone number contact details.
- Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

GENERAL SAFETY

- All Club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others training in the same group, particularly new members.
- Consideration should be given to others, and common sense used to prevent accidents.
- In adverse weather conditions, members must take extra care and be vigilant to additional risks such as slippery surfaces.
- Members should exercise common sense for personal safety issues including hydration and the treatment of strains and injuries due to participation in the sport.
- If additional advice is required, members should seek advice from experts and professional practitioners outside the Athletics Club as appropriate.
- No headsets, music players, mobile phones or iPads are to be used during any training session or event in which Club members may participate except when being used for training purposes.
- Members should understand the value of wearing appropriate clothing for the time of the year and appropriate shoes for any variations in terrain.
- Appropriate footwear should be worn at all times and consideration should be given to the surface being trained on (e.g. shoes with extra traction for running on the grass or trails). It is the responsibility of members to check the website or social media to ensure that the correct footwear is worn for the planned training.
- Failure to wear appropriate clothing may result in you being unable to train due to risk.

FIRST AID

Members should familiarise themselves with any individuals who have a recognised emergency first aid qualification within the Club.

POLICY AND GUIDELINES REVIEW

The Health and Safety Policy and Guidelines will be reviewed on an annual basis to ensure that they remain accurate and reflect the Club ethos.

Location of First Aid Facilities (including defibrillator):

Sportsbox Reception.