

Our Health and Safety Policy



Part 1: General Statement of Safety Policy

The Club Chairperson is overall responsible for anything health and safety related at Walsall Arboretum Running Club (hereafter referred to as WARC). They will aim to ensure that WARC accepts its responsibility for the provision and maintenance of a safe environment and of safe practices for its members and for taking all reasonably practical steps to achieve this objective.

It is the responsibility of each and every club member to care for their own health and safety and to assist the club, and committee in achieving its objective.

To assist in achieving this objective all members should report any health and safety issues that they may be aware of, either personally to the Chair, or to a committee member, when they will be acted upon as necessary and as soon as possible.

All accidents and incidents relating to WARC activities which may impact on the health, safety or welfare of WARC members, or members of the public, will be investigated and the outcome reported to the WARC committee for any action that may be considered necessary.

Where necessary, specialist advice and information will be sought from expert bodies, e.g. UK Athletics and UKA Welfare organisations.

Part 2: Organisation and Arrangements for the Effective Planning, Implementation and Monitoring of Health & Safety

- 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 WARC.
- 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 will be displayed on the club website.
- The policy is to be reviewed annually, by WARC committee. The committee shall then approve, where appropriate, any changes, and the new policy displayed updated on the website and to members via the club newsletter/email.
- The basis of the arrangements of this Policy shall be the Risk Assessments which shall be reviewed annually or more frequently if deemed necessary.

Training under the Club's auspices

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.

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.

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.

It is the individual responsibility of all runners to make sure that they cross roads at safe places. If possible, at least one runner in each group should carry a mobile telephone and be able to summon emergency services should they be required.

Any incidents or accidents whilst on a club run should be reported to the Chair or any member of the committee as soon as possible afterwards.