



## Health and Safety Policy

Women on the Run offer various group running activities for members throughout the year. Our groups' regular weekly schedule is available on our website under Groups. Women on the Run is committed to protecting the health, safety, and wellbeing of our members.

### Policy Aims:

The aim of this policy is to ensure:

- Safety is considered across all our activities
- Members understand their own role and the role of the Run Leader and club officers in the event of any incidents or accidents
- General guidelines for safe participation are summarised and shared.

### Responsibilities:

Responsibilities for health and safety (H&S) rest with the individual taking part, the Run Leader, and the Club Committee:

- Every participant is responsible for their own personal safety; they should be fit enough to take part in their chosen group session and correctly equipped (e.g., suitable footwear and clothing, and ICE contact information)
- The Club Committee has a duty of care responsibility for Club activities and seeks to ensure our H&S arrangements are fit for purpose
- Liability insurance for club activities is provided through UK Athletics.

### The Club will:

- Provide an example Risk Assessment for Run Leaders to use
- Ensure Run leaders are licensed and have appropriate training
- Where possible provide access to a Welfare Officer.

### The Run Leaders will:

- Undertake regular, recorded risk assessments on key activities undertaken by the group
- Create a safe environment by putting safety measures in place - identified by risk assessments
- Ensure appropriate guidance on running safely is shared with participants
- Provide suitable access to basic First Aid

- Encourage the reporting of injuries or accidents sustained during any Club activity
- Follow England Athletics guidelines.

### Members will:

- On application for Club membership (and at membership renewal) confirm acceptance of responsibility for their own personal health & safety
- Conduct themselves in a manner to prevent harm to others in the running group or to members of the public
- Adhere to basic H&S principles when running and follow safety advice from the Run Leader.

### Running Safety Guidelines (General):

- Where different paced run groups are offered, choose the group best suited to your ability or preferred pace
- Keep within sight of your group and alert your Run Leader (or another runner) if you feel at risk of getting left behind. Faster runners will muster (loop back) at regular intervals or when requested to by the Run Leader
- If you need to leave the run for whatever reason notify the Run Leader. If you cannot reach or interrupt the leader, ask a member of your group to notify them for you
- When running in low light or poor visibility wear Hi-Viz, reflective clothing, and wear a running torch so you can be easily seen by drivers and others
- Carry accessible identification and emergency contact details (e.g., an ICE band or tag)
- Do not wear headphones
- Warn other runners around you of impending hazards such as obstructions, low-hanging branches, brambles, unsafe surfaces, damaged pavements, or stiles etc
- Look out for the other runners within your training group, if someone is struggling make sure that they are not left on their own and/or alert the Run Leader
- Do not run if you are feeling unwell or displaying symptoms of any transmittable illness (e.g. COVID)
- Where relevant, runners with pre-existing medical conditions are strongly advised to carry accessible relevant health information with their ICE data
- If you are concerned that illness or injury may impact your ability to complete a session, please let your Run Leader know what adaptation may help you
- You are responsible for your safety so approach roads/junctions with caution and do not blindly follow other runners across. Always check first! Cross as a group where possible
- Give way to other pedestrians/path users when necessary
- When running along roads without footpaths, keep right to face any oncoming traffic (move to the left if the road bends and forward visibility is limited). Be prepared to run in single file and keep close to the side of the road

- Should a welfare matter arise please report this to the Committee via the Women on the Run website.

### **Accidents v Incidents:**

*An Accident* is defined by HSE as an event that results in injury or ill health. In this policy we extend this definition to include unintended damage to property.

*An Incident* is a near miss or dangerous occurrence ('lucky escape') – it has/ had the potential to result in injury or damage.

If you have an incident, accident or fatality, the Run Leader should report it to UK Athletics accident, incident and fatality website. Once reported, this will generate a report to UK Athletics who use the information to help manage incidents, accidents and fatalities. Please also notify your Club Committee via our Club Secretary if you make a report.

### **Arrangements for Health and Safety:**

#### **Risk Assessments:**

Example Risk Assessment is available on our website.

#### **First Aid:**

All Run Leaders will have a basic understanding of First Aid, as per Run Leader Training. It is also recommended that all groups have a suitably qualified First Aider present at each event as per their risk assessment and English Athletics guidelines.

The Health and Safety Policy will be reviewed annually and agreed at our AGM.