

# LMS Health and Safety Policy

**Lytchett Manor Striders (LMS) is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect our athletes to participate within these boundaries.**

## **Health and Safety Policy**

As a Club, Lytchett Manor Striders will

- Undertake regular, recorded risk assessment of all sporting activities organised by the club
- Create a safe environment by putting health & safety measures in place as identified by the assessment
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability
- Ensure that all members are aware of, understand and follow the club's health & safety policy
- Appoint a competent club member to assist with health and safety responsibilities
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members
- Provide access to adequate first aid facilities at all times including qualified first aider whenever possible
- Report any injuries or accidents sustained during any club activity or whilst on the club premises
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

## **Members' Health and Safety Duties**

LMS Club Members have a duty to:

- Take reasonable care for your own health & safety and that of others who may be affected by what you do or do not do
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter

- Co-operate with the club on health & safety issues
- Correctly use all equipment provided by the club
- Do not interfere with or misuse anything provided for your health, safety or welfare.

## LMS Health and Safety Guidelines

**All members of Lytchett Manor Striders (LMS) are expected to follow the Club's Health & Safety Guidelines including:**

### **Safety Generally**

All Club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members.

Consideration should be given to others, and common sense used.

In adverse weather conditions, members must take extra care and be vigilant to additional risks such as slippery or uneven 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 running Club as appropriate.

No headsets or music players to be used during any training session or running event in which Club members may participate as this can obstruct and hinder any instructions given.

### **Medical Conditions**

All members of the Club declare themselves medically fit to run at their own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury.

As appropriate, members should request regular check-ups with their General Practitioner. 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.

### **Appropriate Clothing**

Members should understand the value of wearing appropriate clothing for the time of the year and appropriate shoes for any variations in terrain. When running in the dark members should

take responsibility for making themselves highly visible by wearing bright clothing, preferably with fluorescent or reflective strips, and be aware that drivers may find it difficult to see you.

It is advisable during the autumn and winter months that members consider wearing head torches, chest torches or use actual torches to improve their own visibility when running and to also make themselves more visible to any drivers, cyclists, and members of the public.

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 participate in a Club run due to risk.

### **Staying Together**

The group endeavour to stay together as much as possible. Members should take care to listen to the proposed route before setting off. The group leader should ensure that a head count is taken and if possible, a tail runner has been assigned to ensure that no one individual gets left behind. However, runners should be aware that this is not always possible.

Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind.

If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group who then must ensure that the run leader is made aware.

Upon returning to the start after completion of the session the group leader should check that everyone who started out has returned or can be accounted for.

Run leader should carry a mobile phone to be able to call for help if required.

### **First Aid**

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

All run leaders should either have the means to send the member back to the Club or the nearest A&E for the necessary treatment, or carry the following suggested pack of first aid items:-

- List of useful phone numbers
- Blanket
- Sterile bandages and plasters
- Hand sanitiser
- Disposable sterile gloves
- Freeze spray

The run leaders will have a basic understanding of how to give treatment or first aid response to any minor injuries or basic response in the event of more serious injuries until the arrival of emergency services.

It is advisable for at least two members to stay with the injured person, until help arrives. Common sense should be exercised when returning the injured person back to the Club or home.

If appropriate, emergency services should be contacted using 112 from a mobile phone as it will record your location; alternatively use 999. Finally, a member of the committee should be informed as soon as is practically possible by contacting them directly. Ideally, this should be the committee member who is responsible for the Welfare and safety of Club members.

### **Events**

All events shall be staged in accordance with the rules and guidelines stipulated by the event insurers.

### **Incident Records**

Any incidents should be reported to the committee member responsible for Welfare for future reference, and for making known to all Club members when appropriate.

Actual incidents involving any member, or third party shall be formally recorded with a committee member.