



Health & Safety Policy

Norfolk Gazelles RC is committed to encouraging members to take part in all club activities, with the health, well-being and safety of each person being a paramount concern. We recommend basic advice on running safely and expect our members to participate within these boundaries.

Health & Safety Policy:

To support our Health and Safety policy statement members of the club Committee are committed to the following duties:

- Undertake regular, recorded risk assessments on key activities undertaken by the club.
- Create a safe environment by putting safety measures in place as identified by the assessments.
- Ensure that all members are given the appropriate guidance in respect of running safely (via Run Leaders and Coaches at run sessions; via the club website, Facebook group and via emailed Welcome pack (new members).
- Ensure that all members are aware of their duty of care to each other.
- Ensure access to appropriate first aid facilities (i.e. befitting of a local running club).
- Encourage the reporting of injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

Club Members Responsibilities

Note, these are stated within the Code of Conduct for Members:

- Ensure you are running safely at all times and keeping to the pavement / route as directed by the run leader.
- Warn other runners around you of impending hazards, pedestrians, brambles, obstructions etc.
- To inform Run Leaders and club Coaches of any minor health issues which might affect your ability to participate in planned activities
- Inform your coach or run leader if you have any significant medical issue which may lead to problems during the run.
- Run wearing Hi-Vis when running at night or in poor light conditions.

FIRST AID:

- All club Coaches and Run Leaders are encouraged to become qualified in basic first aid.
- A first aid kit will be available at the base from which any run sessions starts, and a run leader will carry a mobile phone during training sessions and group runs.