



Health and Safety Policy Statement

March 2024

Wrekin Road Runners is committed to the following to support our Health and Safety responsibilities:

- Ensure that run leaders have appropriate training to lead activities;
- Undertake regular, recorded risk assessments of activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all run leaders are given the appropriate level of training/advice on planning routes.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Ensure access to adequate first aid facilities and telephone assistance at all times.
- Report any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

Club members have a duty to:

- Ensure that they are medically fit to participate in running activities.
- Inform the run leader of any minor health issues which might affect their ability to participate in planned activities;
- Take reasonable care for their own health and safety and that of others who may be affected by their actions;
- Ensure that appropriate high visibility clothing, torches and footwear suitable to the advised run terrain is worn
- Listen to and adhere to any safety instructions provided by the run leader;
- Co-operate with the club on health and safety issues.
- Provide emergency contact details on the England Athletics Portal (MyAthletics) in case of accident or injury.

Wrekin Road Runners

Emergency Contacts:

All club run leaders to carry mobile phone in case of emergency and have stored numbers for other leaders running on night.

First Aiders:

Sue Goodall