



Health and Safety Policy Statement

October 2025

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 to provide support as required. Club members to ensure their emergency contact details are kept up to date on the England Athletics Portal.

First Aiders:

In line with UKA recommendations for trail running, the following members are Category C First Aid qualified:

Andy Christian

Kate Christian

Allison Haycox

Amanda Lysons

Becky Owen-Jones

Adrian Talbot

Cherokee Talbot