

Running Forever Running Club

Health and Safety Policy Jan 2022

Statement of Intent

The club's Health and Safety Policy sets out how we aim to keep our members as safe as possible when taking part in club activities.

Although Health and Safety law is not legally binding on the club we do have a Duty of Care towards both club members and members of the public.

Our risk assessment shows that we take all reasonable precautions to prevent injury or damage.

Responsibility

The Club Committee is collectively responsible for Health and Safety. It meets every two months or as necessary in the event of a serious incident.

Arrangements

As an affiliated member of England Athletics the club and its members are covered by UKA's public liability insurance. Incidents must be reported for Covid-19, Accidents, Incidents or Fatalities using the forms on this link

<https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/>

The club encourages its Run Leaders to take advantage of Leadership in Running Fitness (LiRF) and First Aid courses as they become available. It is not a pre-requisite for leaders to have a LiRF qualification for insurance purposes but it is recommended.