

WETHERBY RUNNERS AC
HEALTH AND SAFETY POLICY

Policy Statement

Our aim is to enjoy our sport in a safe and secure environment. The health and safety of our club members is paramount and we will take all reasonable steps to ensure the wellbeing of all our members.

Principles of our health and safety policy

Everyone in the club is responsible for health and safety and will behave with due regard for the health and safety of others.

Everyone in the club has a duty to improve health and safety.

We will learn and develop our health and safety practices.

We will assess risks and act to reduce risks to improve health and safety.

Health and safety is a prime responsibility of our coaches particularly with the junior members.

Health and Safety practice

We will ensure good health and safety practice at the club by doing the following:

- During club training sessions no one will be left to run or train on their own.
- When using the roads for training or training in the dark everyone will wear, in some part, high visibility clothing.
- Trained coaches will always be present during training sessions.
- We will record emergency contact details for each member including any specific illnesses or health problems they may have. Our coaches will have this information up to date and available when taking coaching sessions.
- New members will be briefed on our Health and Safety policy.

Policy Communication

We will communicate with club members and their families this policy statement to ensure all are aware of their own and the clubs responsibility to Health and Safety.

Policy Review

We will review our Health and Safety policy at least once a year and update it accordingly.

Signed



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Club Chairman

Dated.....13/1/16.....