

Statement Of Intent

Rasen Running Club is committed to encouraging our members to take part, but the health, wellbeing and safety of each member is always our paramount concern.

We recommend our members participate in levels of training dependent on their ability and health. We expect our members to participate within these boundaries. We also expect our coaches and leaders in running fitness to support members within the boundaries of their capabilities.

We aim to provide a safe training environment for all participants, controlling and mitigating all risks where possible.

Policy

To support our health and safety statement of intent we are committed to the following:

- Undertake regular, recorded risk assessment of all sporting activities organised by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Always provide access to adequate first aid equipment including qualified first aider whenever possible.
- Report and injuries, accidents or near misses sustained during any club activity or whilst on club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

Members Duties

All members must agree to abide by the following:

- Take reasonable care for own health and safety and that of others who may be affected by what you do or do not do.
- Assess your own fitness levels and maturity as a competitor when deciding what training to undertake and what competitions to enter.
- Declare yourself medically fit to run at your own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury.
- When running in the dark make yourself highly visible by wearing high-visibility clothing, and a body / headtorch (a rear facing red light is also recommended)
- Take care when crossing roads, at junctions and passing driveways. Ensuring the highway code is followed at all times.

- When running on the pavement / footpath always give way to pedestrians.
- Always listen to and follow the instructions given by the coach / leaders.
- Run on pavements when possible. If you must run on the road, ensure that you follow the guidance given by the highway code.
- Where possible run as a group of two or more, ensuring at least one of the group members is familiar with the planned route.
- Always stick to the routes planned by the coach / leader and ensure that they know you have finished safely before leaving.
- Cooperate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Do not interfere with or misuse anything provided for your health, safety or welfare.

Useful Links

[The Highway Code – Rules for Pedestrians](#)

[Run Britain – Road Running and Traffic](#)