



TEAM *EST. 2011* **DERBY RUNNER** *RUNNING FOR ALL*
Health and safety Policy

Team Derby Runner:

Who are we?:

Team Derby Runner is a running club for ages 18+ offering England Athletics race affiliation.

Website: www.teamderbyrunner.com

Tel: 01332 280048.

Email: TDR@derbyrunner.com

Address: Team Derby Runner, Unit ABC, 7 Sandringham Drive, Spondon, Derby, DE21 7QL

Team Derby Runner **does not** currently hold any club night or run specific Team Derby Runner events. Members of Team Derby runner maintain personal responsibility for themselves **at all times**.

This Health and Safety policy refers to any event that is an officially organised event by Team Derby Runner (in which case you will be informed as such and recommended to familiarise yourself with policy)

If such an event should take place then this policy outlines the Team Derby Runner Health & Safety Policy for Running during Club Meeting Times and Team Derby Runner organised events only. This does not include races entered as a Team Derby Runner affiliated member. Such races are covered by the individual event holders Health and safety policy. Any incidents recorded or otherwise during third party races or during personal running activity are in no way the responsibility of Team Derby Runner.

For Team Derby Runner organised events, all members agree to abide by the Club's Health & Safety Guidelines as follows;

Safety generally:

All club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members.

Remember above all use common sense and give consideration to others.

Medical conditions

All members of the club declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury. Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact details. Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

Running in the dark:

When running in the dark make yourself highly visible by wearing bright clothing, preferably with fluorescent or reflective strips. Be aware that drivers may find it difficult to see you.

Staying in groups:

When preparing to set off, ensure you or at least two other members in your group are familiar with the proposed route. Each member shall make a head count within each group to ensure that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping shall take place at appropriate times along the route and also when a change of direction is being made to ensure that no one individual gets left behind. If anyone decides to leave the group whilst out on the run, they **MUST** inform at least one other runner in that group. Upon returning to the start, check that everyone who started out has returned or can be accounted for.

Road Sense:

Take particular care when crossing side roads and driveways. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads) runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited. Off road routes are allowed as long as route risk assessments have been carried out and members are wearing head/body torches at night.

First Aid:

Members shall familiarise themselves with any individuals who have a recognised emergency first aid qualification within the club

Club Events:

All sports events organised by the club shall be kept under review and if necessary allocated members shall undertake and record risk assessments and Event Health and Safety Plans.

Incidents:

Whenever reasonably possible, one member of the group should carry a mobile phone. In the event of an incident, first check if anyone is injured and locate an emergency first aider. Try not to leave the injured person unaccompanied. For serious injuries do not attempt to move the injured person unless their location is immediately life threatening. If appropriate contact emergency services, using 112 from a mobile as it will record your location or use 999. Finally inform a administrator of Team Derby Runner so any records can be made.

Incident records:

Any 'near miss' incidents should be reported to a club administrator via the contact email provided for future reference and for making known to all club members when appropriate. Actual incidents involving any member or third party shall be formally recorded with a club administrator via club email.

Endorsement:

This Policy is endorsed by all Team Derby Runner administration through their new or continued membership of the club.

Club Secretary/administration: Mr Rob Jeffries