

HASTINGS RUNNERS

HEALTH AND SAFETY POLICY

Safety in Athletics

Safety should be an integral part of all athletics disciplines at all levels, from recreational running through to the highest level of track and field. Hastings Runners as a club acknowledges that it has a common law duty, which requires that all coaches, officials and volunteers have a “Duty of Care” for those over whom they have a responsibility.

This means applying common sense to using facilities such as Horntye and the William Parker Ark Academy running track, as well as the numerous road and off-road running routes on which club coaches lead group runs. The club has a duty to see that premises, equipment and activities are safe for all participants and all those involved.

Managing Safety

Those involved in running athletics activities and events need to ensure that they manage the potential risks that they face and help others to develop a knowledge and awareness of basic safety requirements. The planning and implementation of any activities in any situation should take full account of the safety requirements to ensure the organisers and participants remain safe.

It is impossible to cover every aspect or situation that will require professional judgement to be exercised. No one is expected to be perfect only that they should act in a manner that is “reasonable” in the light of commonly accepted and approved good practice within the sport of athletics.

The club's management committee is aware of the need for procedures relating to Health and Safety, and takes ownership of this responsibility. We have recently published a Guide to Road Running Etiquette, as well as a Self Defence Guide for Women Runners. All coaches wear hi-viz when taking group runs – bright/flourescent tops during daylight and white/reflective tops at night. Runners are strongly encouraged to wear similar tops, and the club has a “no headphones” policy for training runs (except for bone conduction ones).

Emergency procedures/training – the club has purchased a defibrillator which is kept at Horntye to cover the two main training nights on Tuesdays and Wednesdays. In addition, the defibrillator is taken to all of the club only races.

First aid training – the club has recently appointed two First Aid Officers, who will be arranging defib/first aid training (primarily for coaches) as soon as life returns to normal after the Covid-19 epidemic. We are also compiling a list of those individuals who have a recognised emergency first aid qualification within the club.

First aid box – there is a box at Horntye, which is also taken along to club only races. The club will also be looking into providing coaches with a first aid pack that they can carry with them on group runs.

We have an Incident Report Form, as well as an Incident Book which is kept at Horntye.

The management committee will keep all events staged by the club under review, and if necessary perform a risk assessment and keep the documents on file.

Insurance

Hastings Runners club has civil liability insurance through the Association of Running Clubs (ARC), and follows the terms of the insurance policy.