



FULHAM RUNNING CLUB HEALTH & SAFETY POLICY

Club Responsibility: As far as possible, Fulham Running Club (the 'Club') will aim to protect the health and safety of all who participate in Club training activities and events, including fee-paying and non-fee-paying attendees.

The scope of the **FRC Health & Safety Policy** and the **Health & Safety Guidelines** extend to Club training sessions e.g. Tuesday hill, track and park intervals, Thursday and Sunday runs and organised Club events e.g. Boaty McBoat Race, Handicap etc. Events posted on the Club Facebook pages organised by individual members e.g. meeting for a run, 'saunters' etc. and events hosted by other organisations fall outside the scope of this policy.

In order to achieve its aim, the Club will:

- Endeavour to provide helpful guidance to members verbally and through Club social media channels and make the Health & Safety Policy and the Health & Safety Guidelines available on the Club website
- Ensure that those leading training sessions (Run Leaders) and event hosts (Race Directors) have appropriate guidance, direction and training to lead
- Provide any necessary facilities and equipment for Club training sessions and Club events
- Ensure that any organised Club training or event is subject to a suitable and sufficient risk assessment.

Member Responsibility: Participants should familiarise themselves with the Health & Safety Policy and the Health & Safety Guidelines, which are available on the Club website. Participants have a responsibility to do their best to prevent harm to themselves, other participants, or members of the public.

Reporting: The Club encourages participants to report any hazards encountered (e.g. damaged pavements, potholes, poor visibility etc.) whilst running or training on established run routes e.g. the towpath or track facilities. Health, safety and welfare are discussed as standing items at Fulham Running Club Executive Committee ('ExCo') meetings.

Guidelines Review: The Health and Safety Guidelines, Club procedures and any associated Health and Safety Guidance will be reviewed on at least an annual basis by the Club Executive Committee ('ExCo'), to ensure that they remain accurate and reflect the Club ethos.

FULHAM RUNNING CLUB HEALTH & SAFETY GUIDELINES

All participants agree to abide by the Club's Health & Safety Guidelines as follows:

Personal responsibility: All participants should take responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members. Consideration should be given to others, including non-participant members of the public, and common sense used. Health and injuries advice should be sought from professional practitioners and experts outside the running club as appropriate.

Medical conditions: Participants are assumed to be medically fit and run at their own risk and shall not hold the Club responsible for any incident occurring due to a personal medical condition or injury. As appropriate, participants should request regular check-ups with their general practitioner. Participants with any medical conditions agree, where appropriate, to carry with them the relevant details of any conditions, medication as required and their name, address and emergency contact details. Voluntary



disclosure of medical conditions shall be the responsibility of the individual participant in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

Appropriate clothing: Participants should wear appropriate clothing and footwear for the time of year and variations of terrain. When running in the dark participants must make themselves highly visible by wearing bright and/or reflective clothing and using a torch. Run Leaders will remind participants of the importance of being visible at the beginning of Club events when appropriate (e.g. during darker months.).

Staying together: The group endeavours to stay together as much as possible. Participants should take care to listen to the proposed route before setting off. The Run Leader should ensure that a head count is taken and that a tail runner (back-marker) has been assigned to ensure that no individual is left behind. Where there is mixed ability, regrouping should take place at appropriate times along the route to ensure that no individuals, particularly newcomers, are left behind. Anyone deciding to leave the group must inform at least one other runner. Upon returning to the start, the Run Leader should check that everyone has returned or is accounted for. An exception to the 'Staying together' guidance is the Club Social Run, '10@10', from Bishop's Park on Sunday mornings which is conducted without the organisation described in this paragraph.

First Aid: First aid should only be given by a qualified First Aider. If injury occurs, the incident procedure outlined below should be followed.

Incidents: The Run Leader should carry a mobile phone but there is no requirement to carry a first aid kit. In the event of an incident, participants should first check if anyone is injured and establish whether a qualified First Aider is available. It is advisable for at least one participant to stay with the injured person, who should not be moved unless their location is immediately life threatening. If appropriate, emergency services should be contacted, using 112 from a mobile phone as it will record the location; alternatively use 999. The Club Welfare Officer should be informed as soon as is practically possible.

Accident & Incident Records: Any incidents should be formally recorded by the Club Welfare Officer for future reference, in accordance with England Athletics guidelines, and details made known to all club participants when appropriate and in accordance with Data Protection requirements (e.g. where a regular route has become hazardous).

Club Activities: All activities organised by the Club shall be kept under review and allocated members shall undertake and record risk assessments and Event Health and Safety Plans on a regular basis. All events shall be staged in accordance with the rules and guidelines stipulated by England Athletics and their insurers. This includes all Club training sessions (e.g. Tuesday hill, track and park intervals and Thursday and Sunday runs) and organised Club events (e.g. Boaty McBoat Race, Handicap etc.).

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Appendix

Health & Safety Policy for Run Leaders Best practice ('walking the talk') on Club Training Runs Laminated Card or electronic (phone) text

Before you begin

- Be familiar with the [Club H & S Policy](#), including how to report any incidents
- Carry a phone (Both Leader & Tail Runner)

At the session

- Introduce yourself
- Ask new runners to put their hands up and quickly introduce themselves. Encourage members to say 'hi' and have a chat
- Describe the route or session
- Outline any safety warnings (i.e. respect other people, people in the park, cars on Stevenage Rd) and ask anyone leaving to let people know they are leaving early
- Promote any upcoming club events (best found on Facebook under Events)
- Remind group of visibility ('be seen') & highlight any weather conditions (hot, wet, cold etc.)
- Take a pre-run headcount and ideally account for all runners on return
- Team photo

For Thursday sessions

- Wear hi-vis in dark & use a torch (Towpath)
- Check presence of a tail runner
- Remind group to stay together (or in pairs)

Fulham Running Club
July 2022
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