



## **TT01-12 issue 01**

# **HEALTH AND SAFETY GUIDANCE**

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### 1 Club Roles:

The Club has two main roles:

1. Helping our Community to improve its Health, Social Wellbeing and Quality of Life
2. Developing our Membership such that they may achieve their Personal Goals and/or become Competitive Athletes.

### 2 Personal Responsibility:

The Club is providing Health and Safety advice and guidance to its members so that they may make risk based decisions whenever they choose to take part in any club activity.

As runners you have a responsibility to do your best to prevent harm to yourselves, your running partners or members of the public. It should be acknowledged by all club members that they as individuals you owe a duty of care to not willfully injure yourselves or others by your negligent acts or omissions.

Running however safely organised carries a certain amount of risk and those taking part in any running need to be aware of those risks in order to minimise and accept them. Equally, the long-term benefits of running even when balanced against the risks should not be underestimated, with increased fitness, health, well-being and longevity just to mention a few.

Experienced runners will already be aware of many of the possible risks but novices may not and it falls to the more experienced runner to take on the role of responsibility to mentor those with less experience.

### 3 Risk Management:

Personal risk management during running needs to be a dynamic process, due to the ever changing environment (which makes running so exciting and enjoyable) and for most people is conducted so subconsciously that many do not identify that they are actually making risk based decisions.

Much can be done in preparation before running to ensure that risks that are foreseeable and are appropriately managed. For example, when running at night on or near roadways, you should always wear reflective clothing if the individual does not have the right clothing on the night the club can provide a reflective safety bib. Group leaders can advise members to wear these.

## 4 Health and Safety Guidance:

The following guidance is provided to assist you with your personal risk assessment process and your strategy to control risk, whilst running.

We recommend you do not wear headphones as the use of MP3 players can create a danger to the wearer and those around them. People wearing them are less likely to hear vehicles or other road or footpath users and there is a history of associated accidents.

Routes:

The club uses a number of on and off-road running circuits and variations on these to extend or reduce the distance of the runs. The club will informally assess these routes on a constant basis and will make changes to the routes where it is felt that safety may be improved. The club relies on its members to report any problems encountered whilst running these routes. For example, dangerous styles, damaged pavements, potholes, poor visibility etc.

### 4.1 General:

- Where a group includes a session leader or nominated person a short pre-run briefing should be carried out before each session starts, including details of the route to be taken, approximate effort and total distance of the session. The session leader should ensure that runners within the group are aware of the session they are about to undertake so that they can ensure adequate preparation / ability. The duration of the briefing session should be proportionate to the ability level of the group.
- Runners must inform the session leader or other person within the group, if they are taking an alternative route or leaving the group. Ideally this should be agreed in advance of the start of the run.
- Runners should be split into ability groups. Where the group includes a session leader or nominated person they should be aware of the numbers in their group, keep watch for back markers and check all are coping with the session. Members are expected to look out for each other at all times
- Runners are expected to note the condition of surfaces and to warn other runners of any trip hazards or obstructions as the session progresses. For example, kerbs, unevenness and dips in pavement, potholes, raised service covers etc.
- Runners should warn other runners regarding traffic.
- Runners are advised to ignore any verbal abuse from pedestrians and any confrontation should be avoided.
- However, members have a legal right to defend themselves if absolutely necessary, using only reasonable force. If the group is accompanied by a session leader the group should be moved away from any incident, before deciding whether to report the matter to the Police. An incident report form should be completed on return to the training base and held in club records.

### 4.2 Terrain – Roads:

- The club will, as far as practicable avoid running routes that require too many roads to be crossed
- Always select a safe route to cross roads and avoid crossing in blind spots, near parked cars etc.
- Aim to cross roads in single file where possible.
- Don't assume that car drivers can see you just because you can see them. During the winter months, i.e. when light is poor you should wear reflective clothing and high visibility safety bibs provided by the club.
- On country roads with no footway always run towards facing traffic so you can take evasive measures if necessary.
- On a session when runners are strung out some distance then it is helpful if a warning of 'car coming' could be shouted to those behind who may not have heard the approaching vehicle.

### **4.3 Terrain - Cross Country:**

- When running cross-country an experienced cross-country runner familiar with the route should lead the run. The session leader should ensure all runners in the group are briefed on the route before starting.
- Beginners or runners unfamiliar with the route should not be left to fall behind, alone and unaccompanied.
- Wear appropriate footwear such as running shoes designed for off-road use.
- Assess the terrain as you run and plan ahead and choose a route to avoid holes, rocks or tree stumps. Experienced runners should pair up with inexperienced runners.
- Make sure you know who are the First Aiders within the club. A list of first aid trained members is to be displayed with the First aid box which is located where the green first aid sign is placed within Saltash Rugby Club.

### **4.4 Environmental Conditions:**

- Hyperthermia and heat stress give few warning signs
- The club will avoid running in the hottest part of the day and will cancel training sessions / races where conditions are deemed too hot, cold or where visibility is particularly poor.
- Hydrate properly before, during and after running. Make use of the free water provided in the Saltash Rugby Club bar after training sessions.
- On sunny days wear sun cream as required.
- Do not run into the sun when on the road, as drivers may be dazzled and may not be able to see you.
- Use a layer approach to clothing to protect against the cold, so layers can be removed as you warm up or be replaced as you cool down.
- In cold weather wear a hat as up to 35% of body heat is lost through the head.
- Post exercise, remove damp clothing as soon as possible and replace with dry.
- When light is poor wear reflective clothing and the high visibility safety bibs provided by the club.

### **4.5 Personal Limitations:**

- Know your limits of fitness.
- Following illness or injury take a conservative approach to resuming training and if in doubt seek medical advice and also seek advice from experienced club members.
- Seek medical advice from your doctor if you have a pre-existing medical condition that you think may place you at increased risk when running.
- Notify coaches of any specific medical condition or when returning from long-term injury or a debilitating illness.
- Make others aware if you carry a SOS talisman for any specific medical condition.