

Policy statement

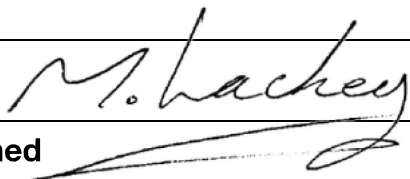
Part 1: Statement of intent

This is the health and safety policy statement of:

NEWQUAY ROAD RUNNERS (NRR)

Our health and safety policy is to:

- prevent accidents and injuries occurring to any Club member, or members of the public, attending NRR organised events (training, races and other events)
- manage health and safety risks in our training sessions and races
- provide clear instructions and information to ensure those taking part in Club activities can do so in a safe way and that those responsible for providing coaching and organising Club events are competent to do so
- use safe and appropriate training and event venues
- ensure safe use of Club equipment by having qualified coaches and officials overseeing such use
- review and revise this policy regularly



Signed

Mike LACKEY, H&S Coordinator

Print name

1st June 2023

Date

1st June 2024

Review date

Part 2: Responsibilities for health and safety

1 Overall and final responsibility for health and safety:

Newquay Road Runners Executive Committee and Coaches, and where applicable Newquay Sports Centre/Wax Management as our venue provider.

2 Day-to-day responsibility for ensuring this policy is put into practice:

Newquay Road Runners designated Health and Safety Coordinator assisted by members of the Executive Committee and Coaches.

All members are required to be responsible for their own Health & Safety, ensuring they are fit and healthy enough to partake in occasionally strenuous physical activity.

3 To ensure health and safety standards are maintained/improved, the following people have responsibility in the following areas:

Club Nights - Committee members present, Pace Group Leaders

Coaches and Group Leaders - provide instruction and safety advice, report any accident or injury

Race Directors - safety, risk assessments, accidents, first aid, fitness to compete

Runners - self-monitor performance and fitness, maintain safety and follow instructions

4 All Newquay Road Runners members should:

- co-operate with coaches, officials and organisers on health and safety matters;
- take reasonable care of their own health and safety; and
- report all health and safety concerns to an appropriate person (as detailed above).

Part 3: Arrangements for health and safety

Risk assessment

NRR Committee designated Health & Safety Coordinator will be responsible for completing suitable Risk Assessments for Club Night Winter and Summer Runs.

Assisted by the Health and Safety Coordinator Race Directors will complete a suitable Risk Assessment for the Club's annual races.

Risk Assessments will be prepared, where necessary for any other Club activity where deemed appropriate by the Committee

Training

Qualified coaches will receive appropriate Health and Safety training as part of their licence.

Consultation

NRR Committee will review Health & Safety matters as they arise and formally at Committee meetings

Evacuation

N/A as most Club activity takes place outside. Any occasional indoor activity would be subject to the relevant venue's own evacuation procedures (Sports Hall/Bar)