

Health and Safety Policy specific to Northampton Road Runners

1. Overview

- 1.1 It is the policy of Northampton Road Runners (NRR) to ensure, so far as reasonably possible, the health and safety of all athletes and coaches engaged in training and competition with the club.
- 1.2 Ultimate responsibility for the discharge of this duty lies with the Chairman of the club.
- 1.3 Running as a sport requires that participants often train at different times or pace. This puts the emphasis on the individual and the smaller group when it comes to health and safety and all participants are expected to look after themselves and one another when training with and competing for the club.
- 1.4 NRR is affiliated to UK Athletics, of Athletics House, 10 Harbourne Rd, Edgbaston, Birmingham. B15 3AA.
- 1.5 It is the responsibility of the committee to bring to the attention of all new members the club's health and safety policy. This statement should be provided in writing to all members, together with any annual updates.
- 1.6 The Club health and safety policy is to be displayed on the website, and at the Obelisk Centre.
- 1.7 The policy is to be reviewed annually, by the club Committee in consultation, and presented to at the AGM. The committee shall then approve, where appropriate, any changes, and the new policy displayed updated on the website and noticeboard(s). * The club secretary

2. Training under the Club's auspices

- 2.1 Club members train at their own risk.
- 2.2 It is the responsibility of all runners to dress with appropriate light, reflective and /or high visibility kit. This is very important when running in the dark or poor visibility conditions.
- 2.3 It is the responsibility of the individual to bring to the attention of all before a session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.
- 2.4 It is the responsibility of all runners to make sure that no runner is left running alone. This is especially important when running off road, in the dark or poor visibility conditions.
- 2.5 It is the individual responsibility of all runners to make sure that they cross roads at safe places. General guidance

Relevant portions of the above should be taken into account by members when running (whether at The Obelisk Centre or elsewhere)