

Health & Safety Policy Statement

Part 1: Statement of intent

This is the health and safety policy statement of: **WALLSEND HARRIERS AND ATHLETICS CLUB**

Wallsend Harriers & Athletics Club is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect all of our athletes to participate within these boundaries.

Those involved in coaching athletics activities and events need to ensure that they manage the potential risks that they face. They also have a responsibility to help others to develop a knowledge and awareness of basic safety requirements. Within common law it requires that all coaches, officials, volunteers and administrators have a “duty of care” for those over whom they have a responsibility. By upholding this Health and Safety Policy it is deemed that they satisfy their duty of care requirement and as volunteers cannot be held responsible in the unlikely event that an accident / illness occurs.

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the club training environments and all activities undertaken by the athletics club
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the academy’s health and safety policy.
- Appoint a competent committee member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any athletics club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

Print name

Review date

Part 2: Responsibilities for health and safety

1. Overall and final responsibility for health and safety:

Paddy Dinsmore (Head Coach and Chair - CIRF)

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

- Paddy Dinsmore (Head Coach and Chair - CIRF)
- Noel Hitchcock (CIRF)
- Andrew Wigmore (Membership Secretary and CIRF)
- Julie Collinson (LIRF)
- Kevin Payne (LIRF)
- David Collinson (LIRF)
- Kevin Wilson (LIRF)
- Barry Allsopp (Level 2 Endurance Coach)
- Emily James (Welfare Officer and Athletics Coach)
- Martin Crozier (Men's Captain)
- Jennifer Berry (LIRF and Women's Captain)
- Jamie Ward (Club Secretary)
- Christine Stretesky (Race Director)

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

- Wallsend Harriers and Athletics Club Committee (hereafter referred to as 'WHAC') – safety, risk assessments, consulting members, monitoring and reporting accidents, first aid, coaching qualifications, training plans, equipment, facilities and venues, safeguarding and welfare.

4. Training Under the Club's Auspices:

- 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.
- 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.
- It is the responsibility of all runners to make sure that no runner is left running or training alone. This is especially important when running off road, in the dark or poor visibility conditions.

- It is the individual responsibility of all runners/athletes to make sure that they cross roads at safe places.
- It will be the responsibility of the Committee member present at any track session at the track to decide whether the track is in a fit state for use as far as they are able to do so as is reasonable in the circumstances.

5. As an athletics club member or visitor, you have a duty to:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or do not do.
- Co-operate with WHAC on health and safety issues.
- Correctly use all equipment provided by WHAC. If in doubt seek guidance from a Coach.
- Not interfere with or misuse anything provided for your health, safety or welfare.
- Not enter the Track or Infield without instruction or approval to do so by a Coach, and if asked to, take care to enter have checked it is safe to do so.
- Take reasonable care when moving around our facilities or on surfaces that may be wet, muddy or otherwise hazardous.

Part 3: Arrangements for health and safety

Risk Assessment

- Dynamic risk assessments will take place before each training session with adaptations to ensure risk of injury is minimised as far as possible.
- Activity-specific risk assessments will be in place for track and sports hall-based activities.

Training

- All members with specific coaching/safeguarding/first aid responsibilities will undergo appropriate training as and when applicable.

Consultation

- We will consult members routinely on health and safety matters as they arise and formally when we review our policies.

Evacuation

- Evacuation and emergency plans will be in place which will be activity/venue specific.

Appendix 1

WHAC Track Etiquette

The track is an awesome place to train no matter what age you are. By sticking to a few common-sense rules, we can make sure everyone is safe and gets the most from their training sessions.

1. NEVER go onto the track without STOPPING & LOOKING in BOTH directions!
2. When WARMING UP or recovering use OUTER lanes (or grass if no throw groups are present)
3. AVOID THE INSIDE LANE unless completing an effort (equally stay in inside lane(s) when completing efforts)
4. Everyone has an equal right to run their efforts at their pace so ALWAYS OVERTAKE to their RIGHT.
5. AVOID running more than 2 abreast during efforts so that faster athletes can overtake
6. NEVER set off to run a rep if you can see a faster group or athlete coming up behind you. Wait until they have passed
7. If athletes are loitering in the inside lanes shout TRACK, if you hear this being shouted check over your shoulder and move onto the grass or lane 4 whichever is safest
8. When you have just FINISHED A REP or stride, don't just stop on the track. Check over your shoulder and MOVE onto the grass or lane 4, again whichever is safest.