

Frome Running Club - Health and Safety Policy



It is the policy of Frome Running Club to ensure as far as reasonably practicable, the health and safety of all club members engaged in club activities. Club activities are defined as those advertised on the Club website, via Club e-mail, or announced at a Club meeting.

The Club Committee and leaders are to ensure that Club training events are managed safely. This entails a common sense approach to ensuring that actions identified in the risk assessments conducted for training activities are acted upon and that any adverse situations which could occur such as severe weather conditions during a training activity managed in a safe manner. All members are expected to wear hi-viz vests in poor light/visibility.

It is the responsibility of all Club members to act safely and to look after other Club members. Individual Club members should bring to the attention of the Club committee or session leader any injury or other factor that may affect their health or that of another during a training session.

Risk assessments have been completed for each Club training activity, are displayed on the Club website and noticeboard and will be reviewed annually by the committee. Races organised by Frome Running Club each have their own risk assessment as required under the licensing/permitting authority.

All run leaders will have access to a mobile phone. Incidents that result in an 'accident or near miss' during a club activity must be reported within seven days to the Club's Welfare Officer. At the first opportunity the committee or quorum of the committee will decide what further action, if any, is to be taken.

There is a Club procedure for dealing with emergencies, accidents or incidents on the Club website and noticeboard.

Accepted/reviewed by the Committee: May 2011