 **Health & Safety Policy**

**Of Westbourne RC**

**1 General**

1.1 According to the following [**https://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm**](https://www.hse.gov.uk/entertainment/leisure/amateur-sports-club.htm)

“Health and safety law does not generally apply to volunteers running a club with no employees, unless the club has responsibility for premises like a clubhouse or playing fields.

1.2 Health and safety law does not cover safety matters arising out of the sport or activity itself eg damaging a wrist during a boxing match or being injured following a bad tackle during football training. Note that a duty of care under the common (civil) law may apply.

1.3 Competitors/players taking part in competitions and/or training are generally subject to non-statutory rules set down by sports National Governing Bodies (NGBs). These rules will include topics like supervision (coaching staff to player ratios) and training, plus 'in play' emergency procedures and medical provision”**.**

However, we have produced the following, for the benefit of our club and its members:

**2 During club activities our health and safety policy is to:**

2.1 Aim to minimise the likelihood of accidents.

2.2 Manage Health & Safety risks.

2.3 Provide clear instructions at the start and during running sessions.

2.4 Recommend the use of safety equipment, as necessary (eg hi-viz and torches).

2.5 Review and revise this policy as necessary.

**3 Responsibilities for health and safety**

3.1 Overall and final responsibility for health and safety: Club Chair

3.2 Day-to-day responsibility for ensuring this policy is put into practice: Run leaders

3.3 To ensure health and safety standards are maintained/improved:

3.3.1 Risk assessments and advising participating members: Run leaders

3.3.2 First Aid and accident reports: Run leaders and first aiders

3.4 Responsibilities of participants, members and officials

3.4.1 Take reasonable care of their own health and safety.

3.4.2 Make a considered judgement as to fitness and ability to participate.

3.4.3 Use safety equipment when appropriate.

3.4.4 Look out for other participants and report any concerns to the run leader or first aider.

3.4.5 Report any health and safety concerns to an appropriate official.

**4 Arrangements for health and safety Risk assessment**

4.1 Risk assessments

To be completed and reviewed by run leaders for all social and training runs.

4.2 Training

Officials will undergo relevant training as required by England Athletics.

4.3 Consultation

Participants are encouraged to voice any concerns relating to health and safety.

Last updated 10 February 2023