

## **SIDMOUTH RUNNING CLUB** **HEALTH AND SAFETY POLICY.**

Sidmouth Running Club is strongly committed to encouraging its members to take part, but the Health and Safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability.

### **To support our Health and Safety Policy we are committed to the following duties:**

- \* Undertake regular, recorded risk assessments of all activities undertaken by the club.
- \* Create a safe environment by putting Health and Safety measures in place as identified by the assessment.
- \* Ensure all members are aware of, understand and follow the Club's Health and Safety Policy.
- \* Report any injuries or accidents sustained during any Club activity to the Health and Safety Officer.
- \* Ensure that the implementation of the policy is reviewed.
- \* Provide adequate First Aid.

### **As a Club member 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 don't do.
- \* Co-operate with the Club on any Health and Safety related matters.

1<sup>st</sup> March 2022

Reviewed and updated 1<sup>st</sup> June 2024