

HEALTH AND SAFETY POLICY STATEMENT

Kingfisher Harriers, through all levels of leadership, are committed to ensure, so far as is reasonably practicable, that:

- All members are safeguarded fully in respect of health, safety and welfare whilst participating in club activities
- All reasonable risks are minimised.
- Members of the public or visitors are not exposed to any identifiable health and safety risks.
- No activities are carried out by the club that are liable to expose members or members of the public to hazards to health, unless suitable and sufficient assessments of risk are made and, where necessary, measures to prevent or control the risk have been introduced.
- The Core Team has ultimate responsibility for the implementation of this policy and through the leadership, will endeavour to ensure that the requirements of all health and safety legislation are established.

Kingfisher Harriers objectives are:

- To provide conditions for all members which seek to prevent any foreseeable danger to health. This requires that risk assessments be carried out to enable hazards and risks to be identified to enable the standards of safety to be adopted and enforced.
- To provide comprehensive information – with the objective of ensuring, as far as is reasonably practicable, the health and safety of every member and visitor.
- To ensure that the health, safety and welfare of all members are under continuous review by leadership at all levels.

The success of this policy is largely dependent upon the total co-operation of every member, who also has a duty to:

- Take reasonable precautions in safeguarding the health and safety of themselves and others.
- Ensure they are personally fit to run or take part in sessions and seek appropriate medical advice when required.
- Observe all health and safety guidelines and procedures as laid down by the leadership.
- Alert the leaders to any potential hazard that they have noticed and report all accidents or incidents that have led, or may lead to, injury, illness or damage.
- This policy will be monitored to ensure it is effective and will be regularly reviewed and revised as necessary.

Chair: Ernie Heaton

Updated: 2nd April 2016

RISK ASSESSMENTS :

INJURY or ILLNESS

What is the risk or hazard?	Who might be harmed, how & why?	Likelihood of risk?	What is the risk or hazard?	Who might be harmed, how & why?
Injury or Illness	<p>Any club member or member of the public</p> <p>Running injury</p> <p>Road Traffic Accident</p> <p>Slip / Trip</p> <p>Animal bite / sting</p> <p>Heat illness</p> <p>other illness or medical condition</p>	<p>Risk unlikely.</p> <p>Severity low – highRisk can be reduced by the following:</p> <ul style="list-style-type: none"> – Avoiding uneven surfaces in poor visibility or long vegetation – Use of appropriate footwear – High visibility clothing in poor visibility – Running at a speed and in conditions appropriate to runners ability – Individuals to carry medication likely to be required for existing medical conditions -Individuals to make colleagues aware of any existing medical conditions -Carriage of emergency phone -Carriage of water 	<p>Carriage of first aid kits and/or mobile phones considered unnecessary/optional due to density of population available for assistance.</p> <p>Group leaders should avoid badly uneven ground in poor visibility and not run along busy roads other than on footpath provided</p> <p>Group leaders to maintain speeds and distances pre-arranged</p> <p>Individuals should be responsible for all other aspects</p>	<p>Write a helpful list for group leaders.</p> <p>Advise individuals of their responsibilities</p>

		<p>Carriage of first aid kits</p> <ul style="list-style-type: none"> -Run in groups – Crossing roads in safe places 		
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POOR VISIBILITY

What is the risk or hazard?	Who might be harmed, how & why?	Likelihood of risk?	What is the risk or hazard?	Who might be harmed, how & why?
Poor visibility caused by low light, fog, heavy precipitation or dense vegetation	<p>Any club member or member of the public</p> <p>Running injury</p> <p>Road Traffic Accident</p> <p>Slip / Trip</p>	<p>Risk unlikely. Severity low – highRisk can be reduced by following:</p> <ul style="list-style-type: none"> – Avoiding uneven surfaces – Wearing of high visibility clothing at night – Crossing roads in safe places – Running carefully & responsibly and maintaining a reasonable distance between runners – Walk or abandon run if conditions are extreme 	<p>Group leaders should avoid badly uneven ground in poor visibility and not run along busy roads other than on footpaths.</p> <p>Individuals should be responsible for all other aspects</p>	<p>Write a helpful list for group leaders. Advise individuals of their responsibilities</p>

GROUP SIZE

What is the risk or hazard?	Who might be harmed, how & why?	Likelihood of risk?	What is the risk or hazard?	Who might be harmed, how & why?
Separation, poor communication	Any club member A large group could lead to separation of runners who may become lost or in trouble if injured. Large groups have reduced communication making control difficult with traffic, obstacles, injuries, etc Small groups may not be able to handle an emergency	Risk unlikely. Severity low – medium Risk can be reduced by following: – limit group to a size suitable for ability of members – Large groups may benefit from rear and front markers – Groups should communicate along the line – Individuals should call to others if there is a problem	Group leaders should run at a pace and distance agreed with group Group members should muster at agreed locations Individuals should be responsible for their own safety and communicating with others. Club night will be supported by a large number of run leaders to support the group size.	Write a helpful list for group leaders. Advise individuals of their responsibilities

EXTREME WEATHER

What is the risk or hazard?	Who might be harmed, how & why?	Likelihood of risk?	What is the risk or hazard?	Who might be harmed, how & why?
Slippery ground, extreme cold, extreme heat, sunburn	Any club member Slip / Trip Heatstroke / Heat exhaustion Frostbite / Exposure	Risk unlikely. Severity low – medium Risk can be reduced by following:	Group leaders should run at a pace and distance agreed with group Individuals should be responsible for	Write a helpful list for group leaders. Advise individuals of their responsibilities

	Sunburn	<ul style="list-style-type: none"> – Suitable clothing – suitable footwear – Running at a speed suitable for conditions – hydration – sunscreen 	all other aspects	
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UNEVEN GROUND

What is the risk or hazard?	Who might be harmed, how & why?	Likelihood of risk?	What is the risk or hazard?	Who might be harmed, how & why?
Uneven ground, stiles and trip hazards	Any club member running injury Slip / Trip	<p>Risk unlikely. Severity low – medium</p> <p>Risk can be reduced by following:</p> <ul style="list-style-type: none"> – Avoiding uneven surfaces in poor visibility or in dense vegetation – Suitable footwear – Advise following runners of unexpected hazards 	<p>Group leaders should avoid badly uneven ground and/or routes with known obstacles in times of poor weather or visibility</p> <p>Individuals should be responsible for all other aspects</p>	<p>Write a helpful list for group leaders.</p> <p>Advise individuals of their responsibilities</p>

Assessment Date : 2nd April 2016

Please also see Club Constitution.

