



HEALTH & SAFETY POLICY STATEMENT

Vale Royal Athletic Club (VRAC) is strongly committed to encouraging our members to take part in all the activities we provide, but the health, safety and well-being of each individual is always our paramount concern. We recommend levels of training dependent on age and ability in line with UKA guidelines, and we expect our junior athletes in particular 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. Common law 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.

HEALTH & SAFETY POLICY

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

- Undertake regular, recorded risk assessments of the club’s training environments and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessments.
- Ensure that all members are given the appropriate level of training by regularly monitoring and assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club’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.
- Always provide access to adequate first aid facilities and a qualified first aider.
- Report any reportable injuries or accidents sustained during any athletics club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

TRAINING DURING ORGANISED CLUB TRAINING SESSIONS

- It is the responsibility of all runners to dress with appropriate light, reflective and /or high visibility kit. This is particularly important when running in the dark or in poor visibility conditions.
- It is the responsibility of the individual to bring to the attention of the coaches 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 athletes to make sure that no athlete is left running or training alone. This is especially important when running off road, in the dark or in poor visibility conditions.
- It is the individual responsibility of all runners/athletes to make sure that they cross roads at safe places. Junior group coaches should be responsible for managing their groups appropriately.
- It will be the responsibility of Committee members/responsible coaches present at any track or off-road session to decide whether the track / conditions generally are in a fit state for use as far as they are able to do so and as is reasonable in the circumstances.

Further details of Health & Safety in athletics can be reviewed on the England Athletics website [here](#).



VALE ROYAL ATHLETIC CLUB
HEALTH & SAFETY POLICY



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 VRAC on health and safety issues.
- Correctly use all equipment provided by VRAC. 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, icy or otherwise hazardous.

ATHLETICS CLUB WELFARE OFFICER: Debbie Broad (Contact details: TBC)

ATHLETICS CLUB FIRST AID LEAD: Debbie Broad Additional first aid support is available from the qualified coaches, who are all First Aid trained as part of their coaching qualifications.

A defibrillator can be found at the regular training venues used by the club:

At KG: in the clubhouse

At Hartford High: [in the school building - TBC]

At St Nicholas' School: directly outside the sports hall

At Delamere Forest: at the visitor centre

FIRST AID kits are located in the clubhouse at Knights Grange, coaches should carry a first aid kit at all times when a session is being conducted.

Approved by the VRAC Committee

Date: