



Health & Safety Policy

Policy Aims

The aim of this policy is to ensure:

- Safety is considered across all our activities.
- Members understand their own role and the role of the Club Officers in the event of any incidents or accidents.
- General guidelines for safe participation are summarised and shared

Spectrum Striders Running Club offers various group running activities for members and Club visitors throughout the year. Our regular weekly schedule includes morning and evening runs and an evening track session. The Club also stages a number of races and events that are open to all entrants. Participant fitness and athletic ability is diverse, ranging from 3.5 mph (walkers) to 9+ mph.

Responsibilities

Responsibilities for health and safety (H&S) rest with the individual taking part, or coach and the Club committee:

- Every participant is responsible for their own personal safety; they should be fit enough to take part in their chosen group session and correctly equipped (e.g. suitable footwear and clothing and ideally include ICE contact information on their mobile phone).
- The Club committee has a duty of care responsibility for Club activities and seeks to ensure our H&S arrangements are fit for purpose.
- Liability insurance for Club activities is provided through UK Athletics.

The Club will:

- Undertake risk assessments on key activities undertaken by the Club.
- Create a safe environment by putting safety measures in place - identified by risk assessments.
- Ensure appropriate guidance on running safely is shared with participants*.
- Ensure Coaches are licensed and have appropriate training*.
- Trainee coaches will work under the supervision of qualified coaches.
- Where possible, provide suitable access to Club Welfare Officers*.
- Encourage the reporting of injuries or accidents sustained during any Club activity to Club committee and England Athletics, if it is judged necessary by Club officials.
- Stage Club open events in accordance with the rules and guidelines stipulated by UK Athletics or the Trail Running Association and their insurers.

*Refer also to Notes at the end of this document.

Members will:

- On application for Club membership (and at membership renewal) confirm acceptance of responsibility for their own personal health & safety.
- Conduct themselves in a manner to prevent harm to others in the running group or to members of the public.
- Adhere to basic H&S principles when running and follow safety advice from the session leader or event officials.



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Running Safety Guidelines

General

- Where different paced run groups are offered, choose the group best suited to your ability or preferred pace.
- Keep within sight of your group and alert your session leader (or another runner) if you feel at risk of getting left behind. Faster runners will muster (loop back) at regular intervals or when requested to by the session leader or stop and wait.
- If you need to leave the run for whatever reason notify the session leader. If you cannot reach or interrupt the leader, ask a member of your group to notify them for you.
- When running in low light or poor visibility wear hi-viz, reflective clothing, and ideally wear a running torch so you can be easily seen by drivers and others. Avoid dazzling fellow runners and do not use a flashing light setting as this causes problems for any runner with light sensitivity.
- Ideally carry accessible identification and emergency contact details (e.g., an ICE band or tag) or perhaps a mobile.
- Consider adding and maintaining ICE data to your UK Athletics [user profile](#). Such data could prove invaluable should you become unexpectedly separated from your run group.
- Do not wear in-ear headphones.
- Warn other runners around you of impending hazards such as obstructions, low-hanging branches, brambles, unsafe surfaces, damaged pavements or stiles etc.
- Look out for the other runners within your training group, if someone is struggling make sure that they are not left on their own and/or alert the session leader.

Medical Conditions

- Do not run if you are feeling unwell or displaying symptoms of any transmittable illness (e.g. a virus such as Covid).
- Where relevant, runners with pre-existing medical conditions are strongly advised to carry accessible relevant health information with their ICE data.
- If you have concerns that illness or injury may impact your ability to complete a session, please let your session leader know what adaptation may help you.

Road Safety

- You are responsible for your safety so approach roads/junctions with caution and do not blindly follow other runners across. Always check first!
- Give way to other pedestrians/path users when necessary.
- When running along roads without footpaths:
 - Keep right to face any oncoming traffic (move to the left if the road bends and forward visibility is limited).
 - Be prepared to run in single file and keep close to the side of the road.

Reporting Accidents or Incidents*

- Members are encouraged to alert session leaders to accidents or incidents of which they may be unaware - especially if the hazard can be reduced and/or communicated to others. Serious accidents are reported to the committee, and if judged appropriate to the UK Athletics, via email or phone to a Club committee member.
- Should a welfare matter arise please report this to the welfare officers* by emailing welfare@spectrumstriders.org.uk or by contacting the welfare officers identified on the Club website.



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*Notes

Communication

Safety information is communicated using a number of methods: via session leaders and Coaches at run sessions; via the Club website and Facebook group; via the Welcome pack (emailed to new members); and via periodic newsletters.

All Club policies are available on our website: Home > [Club Policies](#).

Training Session Leader Cover

Scheduled Club track sessions are led by qualified Coaches, licensed by UK Athletics or trainee coaches supervised by a qualified coach or a committee member. If the leader is unable to attend and lead the session due to unforeseen circumstances, then an unqualified leader may volunteer to lead the session on an informal basis. This is acknowledged within this policy and by our insurers via UK Athletics.

Sessions advertised and delivered to the non-members (e.g. beginners' course) will be overseen by qualified coaches or Run Leaders.

Informal Training Sessions

Groups of Club member regularly meet up to run in informal groups to train especially on Thursday night and Sunday morning. Many different Club members volunteer to lead these informal sessions. These are often advertised via WhatsApp, Facebook or email. These sessions are not managed as formal Club sessions. They should be considered as a group of friends, usually but not exclusively Club members, meeting to run together. In this session each runner must accept personal responsibility for their own safety.

First Aid

All Coaches and session leaders are encouraged to become qualified in basic first aid.

Welfare Officers

Welfare officers provide a vital role in helping safeguard the health and well-being of members. Please refer to our [website for details of who our Club Welfare officers are](#).

Accidents vs Incidents

- **Accident** is defined by HSE as an event that results in injury or ill health. In this policy we extend this definition to include unintended damage to property;
- **Incident** is a near miss or dangerous occurrence ('lucky escape') – it has/had the potential to result in injury or damage.