



# STAFFORD HARRIERS HEALTH AND SAFETY POLICY



Stafford Harriers want to promote running for everyone so all members can reap the rewards of this amazing sport. However, we want to promote this in a safe environment within each participants' boundaries. Therefore, the following guidance should be considered for all runners taking part:

1. Always look while crossing the road. Do not rely on the runner in front to indicate whether the road is clear. This is your responsibility. Still take care when crossing at pedestrian crossings and be extra cautious.
2. Hi-vis clothing **MUST BE WORN** during all road runs over the winter period. This time will be highlighted on our website.
3. If there is no pavement (something which we try hard to avoid on our routes), run towards oncoming traffic to maximise visibility.
4. If running across a golf course (specifically on the castle route on Castle Way) look both way for golf ball both in the air and on the ground.
5. Take care when running on uneven ground (especially over Cannock Chase or cross country) to avoid injuries.
6. Make note of the run leader and backmarker when you are going out with the club. This allows you to notify them of any problems so you are safe, and the group can stay together. If you are new to the group, make yourself known to the run leader and tell them of any injuries or health concerns which could impact your running.
7. You should never run with an injury. It is your responsibility to withdraw from a session if you get injured or have a pre-existing injury. We know how tempting running can be but please listen to your health care professional's advice.
8. Never leave the run without letting the run needer know.
9. Familiarise and try to comply with the risk assessment policy in the appendix.
10. Bring any safety issues with a committee member immediately. Committee members are listed on the website or email the chairman at [chairman@staffordharriers.co.uk](mailto:chairman@staffordharriers.co.uk).
11. If you are involved in an incident during a club run, inform the group leader so they can alert a committee member to record the event. You should also complete the accident report on the website.
12. Runs organised by individual members are not subject to these rules and guidance but participants are advised to adhere to these rules.
13. Stafford harriers take risk assessments based on locations where our runs take place to ensure member safety. Health and safety are a priority and safety measures are in place.
14. In junior sessions, children will not be permitted to leave at the end unless an adult has come forward to take the child home. This adult will either be an official parent/guardian or have been identified by the parent/guardian as the person taking the child home after a particular session.