



## **Health & Safety Guidelines for Black Country Runners Members**

### **Club Commitment**

The Club is dedicated to safeguarding the health and safety of all members during training sessions and Club-organized competitions, to the extent reasonably practicable.

### **Scope of Guidelines**

These Health and Safety Guidelines apply to all Club training activities and official Club events. To fulfill its commitment, the Club will:

- Provide clear verbal guidance and ensure the Health and Safety Guidelines are accessible on the Club's website.
- Ensure Club coaches are adequately trained to conduct training sessions, with coach details listed on the Club website.
- Maintain appropriate facilities and equipment for training and events, including access to First Aid and welfare resources.
- Conduct thorough risk assessments for all Club races and events to ensure safety.

### **Member Responsibilities**

Members are expected to review the Health and Safety Guidelines on the Club website, which cover topics such as weather conditions, terrain, personal limitations, and ensuring the safety of fellow members. Members have a duty to take reasonable steps to avoid harm to themselves, other runners, or the public and to act responsibly to prevent injuries due to negligence.

### **Reporting Issues**

Members are encouraged to report any hazards encountered on training routes, such as unsafe stiles, damaged pathways, potholes, or areas with poor visibility, to help maintain safe running conditions.

### **Guideline Updates**

The Club will review its Health and Safety Guidelines, procedures, and related guidance at least annually to ensure they remain relevant, effective, and aligned with the Club's values.

### **The Guidelines**



By joining the Club, all members agree to adhere to the following Health & Safety Guidelines:

### **General Safety**

Members must prioritize their own safety and remain vigilant about the safety of others in their running group, especially newer members. Common sense and consideration for others are essential. Members should stay informed about running-related health and safety topics, such as nutrition, hydration, and injury prevention, through reputable sources like running publications. For specific health concerns, members should consult qualified professionals outside the Club as needed.

### **Medical Fitness**

Members participate in Club activities at their own risk and confirm they are medically fit to run. The Club is not liable for incidents arising from personal medical conditions or injuries. Members are encouraged to have regular medical check-ups with their doctor. Those with medical conditions should carry relevant details, including their name, address, emergency contact information, and condition specifics, and voluntarily disclose this information to the Club if an individual risk assessment is deemed necessary.

### **Appropriate Attire**

Members should wear suitable clothing and footwear for the season and terrain. When running in low-light conditions, members must wear bright, fluorescent clothing with reflective elements to ensure high visibility, as drivers may struggle to see runners in the dark.

### **Group Running**

The Club encourages groups to stay together during runs. Before starting, the group leader should outline the route, conduct a head count, and appoint a tail runner to ensure no one is left behind. In mixed-ability groups, runners should regroup periodically to maintain group cohesion. If a member chooses to leave the group during a run, they must inform at least one other runner. At the end of the run, the group leader should verify that all participants have returned or are accounted for.

### **Road Safety**

Routes should avoid unlit roads during nighttime and roads without footpaths whenever possible. If running on roads without footpaths is unavoidable, members should run on the right to face oncoming traffic or on the left at bends with limited visibility to the right.



### **First Aid Awareness**

Members should know which Club members hold recognized emergency first aid qualifications to assist in case of an incident.

### **Club Events**

All Club-organized events will undergo regular safety reviews, with designated members conducting and documenting risk assessments and Health and Safety Plans as needed. Events will comply with England Athletics rules and insurance requirements.

### **Incident Response**

Where feasible, at least one group member should carry a mobile phone during runs. In case of an incident, members should first check for injuries and locate a qualified first aider. If someone is injured, at least one member should stay with them, and the injured person should not be moved unless their location poses an immediate threat.

Emergency services should be contacted using 112 (which records location) or 999. A Club committee member should be notified as soon as possible to inform relatives and document the incident.

### **Incident Documentation**

Members should report all incidents to a Club committee member for record-keeping and, if appropriate, to share lessons learned with the Club. Incidents involving members or third parties must be formally documented in accordance with England Athletics guidelines.