

Ripon Runners Health and Safety Policy

1. Purpose

Ripon Runners is committed to providing a safe and healthy environment for all participants in our running activities. This Health and Safety Policy outlines our approach to ensuring the well-being of our members, volunteers, and the public. We care for the welfare of our members to help them achieve their running goals, pursuits, and interests.

2. Leadership and Responsibilities

Leadership is key to a strong and continually improving safety culture. The Ripon Runners Committee, members, and event organisers play a crucial role in maintaining safety standards:

- Committee: Responsible for implementing and monitoring health and safety practices.
- Members: Expected to adhere to safety guidelines and report hazards or concerns promptly.
- Event Organisers: Must prioritise safety and follow established protocols.

3. Risk Assessment

Risk assessments will be conducted to identify potential hazards associated with club activities, including running routes, training sessions, and events. These assessments should not be onerous or need to be documented unless required (e.g., Race licences), but any new major risks should be discussed with the safety officer for a full risk assessment if necessary.

4. Training and Information

Run and event leaders are encouraged to hold LIRF (or CIRF) accreditation and keep their First Aid awareness up to date. Members will receive information to ensure they are aware of potential risks and how to mitigate them. This includes:

- Safe running practices
- First aid awareness
- Emergency procedures

For more information, see [Ripon Runners General Safety Advice](<https://www.riponrunners.org.uk/about/general-safety-advice>).

5. Incident Reporting

All accidents, incidents, or near misses must be reported to the Committee promptly via safetyofficer@riponrunners.org.uk. A log will be maintained to track incidents and identify trends.

6. Compliance and Review

This policy complies with all relevant health and safety legislation and will be reviewed regularly to ensure ongoing effectiveness and compliance. It will be reviewed annually by the Ripon Runners Committee to ensure it remains current and effective. Updates will be provided as necessary.

7. Communication and Co-operation

This policy will be communicated to all members and volunteers. Caring for people is at the heart of what we do, and we value the health and safety of each member. We will co-operate together to continually seek to reduce harm and share ideas for improvement. We acknowledge that our committee and members are our greatest asset and will ensure they have the environment, facilities, knowledge, and procedures to support this policy.

Signed:



Karen Lennox
Chairperson

Date: 12th June 2024