



LFR Health and Safety Policy

Part 1: Statement of Intent

This is the health and safety policy of Leighton Fun Runners (LFR). Our health and safety policy is to:

- Minimise accidents to club members when participating in club activities
- Manage health and safety risks associated with club activities
- Review and revise this policy at least once a year

Part 2 Responsibilities for health and safety

1: Overall and final responsibility for health and safety: LFR Committee

2. . To ensure health and safety standards are maintained and improved the following areas of responsibility have been identified

Actions	Roles Responsible
Carry out Risk Assessment	Race Director (RD), Captain, VC, Welfare Officer (WO)
Approve Risk Assessment & Guidance	Committee (and in minutes)
Provision of guidance to members (Verbal or other)	Captain, Run Leaders, RD
Maintain records of reported accidents/incidents	Captain, RD
Reporting Accidents /Incidents to UKA	Captain, RD, Chair

Note: Where Captain specified, may also be Vice Captain (VC)

Where Welfare Officer specified, may also be Additional Welfare Officer (AWO)

3. All club members should

- Take personal responsibility for their own safety and keep a watchful eye on others
- Declare themselves fit to take part, taking account of any medical conditions without holding the club responsible
- Make themselves familiar and comply with the safer running guidelines within the Operational guidance document
- Cooperate with run leaders, Captain and Run Directors on health and safety matters
- Report all health and safety concerns to an appropriate person

[Type here]

Part 3 Arrangements for health and safety

Risk Assessment

- We will complete risk assessments and take appropriate action relating to club activities. This will include a separate risk assessment for specific events.
- We will review risk assessments when conditions change or at least every 3 years
- The road and trail running risk assessment on the website is generic and not specific to individual routes and whilst we shall endeavour to keep everyone as safe as possible members are ultimately responsible for their own safety.

Training & guidance

- We will provide run leaders with appropriate guidance and make run leader (LirF) training available
- We will use qualified coaches for coached sessions
- We will provide club members with guidance on the web site, reminders on Facebook and as part of pre run briefing when appropriate

First Aid

- We will identify members with first aid or medical training
- We will make financial provision to enable members to undertake appropriate first aid training
- We will provide a suitably stocked first aid kit at the club house or at the location of club organised activity where the risk assessment requires it.
- For club organised licensed races, we will follow the appropriate guidance

Related Club Documents

- Guidelines for dealing with an accident
- Risk assessment
- Operational Guidance
- Run Leader guidance

Approved : 12th July 2021 Committee Meeting

Reviewed 11 September 2023