

Health & Safety Policy

Background from UKA: <https://www.uka.org.uk/governance/health-safety/>

Safety in Athletics

Safety should be an integral part of all athletics disciplines at all levels, from recreational running through to the highest level of track and field.

In terms of legal requirements, there are two main considerations for clubs and event/activity providers:

1. “Duty of Care” is a common law duty that applies to all individuals and organisations. This law requires that all coaches, officials, volunteers and administrators have a “duty of care” for those over whom they have a responsibility.
2. Health and safety legislation such as Acts of Parliament and regulations set specific duties for employers to limit the risks to anyone coming into contact with their organisation. The main Act to be aware of is the Health and Safety at Work Act

Clubs/organisers with no employees (volunteers only)

Most health and safety law and regulation applies to employers only, and as such, it is not legally binding on clubs without employees.

That said, UKA recommends that volunteer club and event providers without employees achieve the same standards of health and safety as that required of employers. This demonstrates to volunteers and participants that they are valued and will enable clubs to satisfy their duty of care requirements.

It is key to remember, the Health and Safety at Work Act only lays down statutory duties; a common law (i.e. non statutory) duty of care towards others applies to all those who visit, work, or are affected by your club's activities.

Managing Safety

Those involved in running athletics activities and events need to ensure that they manage the potential risks that they face and help others to develop a knowledge and awareness of basic safety requirements. The planning and implementation of any activities in any situation should take full account of the safety requirements to ensure the organisers and participants safety.

It is hoped that this section of the website will provide those involved in athletics with advice and information, which will allow them to analyse and adjust their current practices. It is impossible to cover every aspect or situation that will require professional judgement to be exercised. No one is expected to be perfect only that they should act in a manner that is "reasonable" in the light of commonly accepted and approved good practice within the sport of athletics.

Our commitment

Quakers Running Club is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect our junior athletes to participate within these boundaries

What we will do

- Ensure the Club and its coaches always operate within UKA affiliation and UKA insurance parameters
- Ensure that Coaches are responsible for the safety of their athletes not only during a training session at which they are present but also for the training programmes which the athletes have been instructed to undertake
- Undertake a regular risk assessment of the club activities

- Create a safe environment by putting health and safety measures in place as identified by the risk assessment
- Ensure that all members are informed about the appropriate level of training and competition dependent on age, maturity and development
- Ensure that all members are aware of, understand and follow the UKA health and safety policy and guidance
- Provide access to adequately trained first aiders
- Report any injuries or accidents sustained during any club activity or whilst on the club premises using the UKA online incident reporting form
- Ensure that the implementation of this policy is reviewed regularly and monitored for effectiveness

Club Members have a duty to

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do
- Co-operate with the club on health and safety issues
- Correctly use all equipment provided by the club
- Not interfere with or misuse anything provided for your health, safety or welfare