



Styal Running Club Health & Safety Policy

Styal Running Club (SRC) aims to make running fun and accessible for all, while challenging for those who want to improve. We recognise the risks associated with our training sessions and organised events and we are committed to managing these effectively.

To do so we will:

- Prioritise safety and promote a positive safety culture within SRC.
- Suitably & sufficiently risk assess all our planned activities.
- Adopt all applicable, recognised good practices.
- Review our management system periodically to keep it current.
- Provide appropriate training to those with responsibilities related to this policy.
- Consider our fitness, experience and medical condition and run within our capability.
- Plan for predictable emergency situations & take reasonable measures to mitigate these.
- Make suitable provision with respect to welfare and first aid delivery & facilities.
- Consider weather conditions when planning our training sessions and wear/use appropriate clothing/equipment.
- Plan group run routes along recognised rights of way to minimise the risks associated with the public & traffic.
- Look out for the welfare of each other and members of the public.
- Report all issues or injuries encountered during SRC activities in a transparent and timely manner.
- Monitor our safety performance and take all reasonable measures to address identified issues.
- Take reasonable measures to protect members' personal data.
- Organise ourselves effectively & communicate clearly to enable the above.

SRC is conscious of its responsibilities to protect people, property, and personal data.

By renewing Club membership, all members are signalling that they are aware of, and accept this policy, club guidance, and their duty of care to not cause harm to themselves, others, or property through their acts or omissions.

Signed:
Chair, on behalf of the SRC Committee

Date: 12 April 2023
Review By: AGM 2024