

## **KHRC Health and Safety Policy**

Kings Heath Running Club aims to protect the health and safety of all members engaged in Club runs and coaching sessions by reducing risk where possible.

### **Club Committee Responsibility**

Club Committee will:

- Provide guidance to members in pre run briefings, on social media and make the Health and Safety Policy & Guidelines available on the Club website.
- Publish and review specific risk assessment documents (give link to risk assessment)
- Ensure that Run Leaders are qualified to lead Club training sessions as LiRF (Leader in Running Fitness)/CiRF (Coach in Running Fitness) and have an up to date DBS.
- Organise run capacity so that the ratio of 1:12 Run Leader to runners is maintained.
- Respond to reports of accidents or incidents.

### **Member Responsibility**

Members will:

- Abide by the Health and Safety Guidance documents and risk assessments.
- Do their best to prevent harm to themselves, other Club runners or members of the public.
- Attend pre run briefings to be aware of updates on potential hazards.
- Wear appropriate clothing and footwear for the run.
- Report any accident or incident to club committee via [this form](#)

Agreed by committee

Dated 12th September 2022