

KHRC H&S Policy Guidelines

All members agree to abide by the Club's Health & Safety Guidelines as follows:

Safety in general:

All club members must take personal responsibility for their own safety. Consideration should be given to others, and exercise awareness and care when out running eg crossing the road safely.

In adverse weather conditions or off road running, members must take extra care and be vigilant to additional risks such as slippery or uneven surfaces.

Members are responsible for their wellbeing, including hydration and the treatment of strains and injuries.

If additional advice is required, members should seek help from health professionals.

Only bone conduction headphones are permitted on club runs after the briefing. Headphones are not permitted at coached sessions.

Members are advised to carry a mobile phone during a run.

Medical conditions:

By attending a run members of the club declare themselves medically fit to run at their own risk and will not hold the club responsible for any incident occurring through a medical condition or injury.

Members with medical conditions must register them on their Run Together profile and consider carrying ICE (In Case of Emergency) details or wearing a medical ID bracelet if appropriate and to carry their medication if required eg: asthma inhaler.

The disclosure of medical conditions is the responsibility of the club member.

If additional advice is required, members should seek help from health professionals.

Clothing and footwear:

Members must wear appropriate clothing for the time of the year and appropriate shoes for the terrain. When running in the dark, members take responsibility for making themselves highly visible by wearing bright fluorescent clothing to cover their torso. This is compulsory for winter runs.

In addition it is recommended that during the autumn and winter months that members consider wearing head/chest torches, reflective bands etc

Small group runs or coached sessions: (eg Thursday 10k, track)

The Run Leader takes a head count by checking runners in on Run Together.

If anyone decides to leave the group during the session, they must inform at least one other runner in that group who then must ensure that the Run Leader is made aware.

After completion of the session the Run Leader will check that everyone who started out has returned or can be accounted for.

Run Leader will carry a mobile phone.

Accident/Incident records:

Any accidents (injury) or incidents (no one injured but a near miss or something concerning has happened) should be reported on [this form](#) as soon as possible by the person affected or a witness.

This goes to the club email account which is monitored regularly. This information will be held under GDPR regulations for three years.

Agreed by Committee

Date: 12th September 2022