

# Health and Safety

## Policy Statement

**Somer Athletic Club (SAC) 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 athletes to participate within these boundaries. As volunteers we do our best to fulfil our duty of care, however we acknowledge that members take part in all sessions at their own risk.**

## Health and Safety Policy

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessments of all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by considering individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Maintain a competent club committee to assist with health and safety responsibilities.
- Ensure that operating practices are in place and known by all members.
- Provide access to venues with adequate first aid facilities alongside trained (as per UKA requirements) coaches and leaders.
- Report any injuries or accidents sustained during any club activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### **As a Club Member you have a duty to:**

- Take reasonable care for your own health and safety and that of others (such as other runners and members of the public) who may be affected by what you do or not do. Taking part in sessions at your own risk.
- Disclose any relevant health (or other) information to the coach/leader at the start of each session.
- Attend sessions with the minimum required safety kit such as the wearing of high-viz bibs for outdoor Winter/low light sessions, headtorches for Winter/low light cross country sessions and session/weather appropriate footwear.
- Co-operate with the club on health and safety issues. Bringing any issues to the attention of the coach/leader.
- Report any injuries, accidents or issues sustained during any club activity.
- Correctly use any equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

**Health and Safety Officer:** Responsibility sits with the club committee.

### **First Aid Facilities**

All of our core venues have access to first aid facilities and AED devices.

Training and competition may take part outside of these core venues. In this case facilities may vary so refer to the coach/leader for more details.

**Date of Next Review:** October 2025