



DORSET DODDLERS RC

# Health & Safety Policy

**The DORSET DODDLERS RC** aims to promote the health, safety and welfare of all persons to whom we owe a duty of care, including members, non-members in club activity, volunteers and coaches through a commitment to the development of a positive health and safety culture.

To achieve the highest possible standards, **DORSET DODDLERS RC** aims to, so far as is reasonably practicable:

- comply with all relevant health and safety legislation and guidelines;
- conduct risk assessments for activities organised by the club, ensuring health and safety measures are implemented to create a safe environment;
- ensure that all members are aware of, understand and follow the club's Health and Safety policy and procedures;
- provide defined procedures, which include safe methods of participation for all those involved during, and in the delivery of club activity;
- report any accidents or injuries arising from club activity and ensure the timely completion of investigations to prevent incident reoccurrence;
- implement emergency and first aid procedures, providing access to adequate first aid facilities where possible;
- ensure suitable welfare arrangements are in place and provide a safe and healthy environment for all those involved in club activity;
- provide appropriate information, instruction and supervision to ensure all those involved in club activity take care of their own safety and welfare and that of others; and
- ensure that the implementation of this policy is reviewed regularly and monitored for effectiveness.

## Member's Health & Safety Duties

Dorset Doodlers RC members have a duty to:

- Take reasonable care for their own health & safety and that of others who may be affected by what they do or do not do.
- Assess their own fitness levels and maturity as a competitor when deciding what training to take part in and what competitions to enter.
- Co-operate with the club on health & safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for their health, safety or welfare.



DORSET DODDLERS RC

# Health & Safety Procedures

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

- **General Safety**

All club members must take personal responsibility for their own safety and ensure that they are both fit and equipped to run, eg footwear, clothing, appropriate equipment etc. They should keep a watchful eye on others running in the same group, particularly new members. Consideration should be given to others and common sense used. Any concerns should be raised with the run leader/coach.

Members should wear appropriate clothing for the time of year and appropriate shoes for the surface they are training/running on, eg road, or trail shoes for extra traction, with extra care being taken in adverse weather conditions. When running in the dark/dusk, members should make themselves highly visible by wearing bright clothing, preferably high viz or clothing with reflective strips. They should be aware that drivers, cyclists or pedestrians may find it difficult to see them.

Members should exercise common sense for personal safety issues including nutrition and hydration, as well as strains/injuries due to running.

No headsets, earphones or music players are to be used during any club activity (training or running event) in which members participate as this can obstruct and hinder any instructions given.

Members must always be vigilant of other users of their running route, eg vehicles, people, horses etc, especially when running on roads and other public highways.

Take care when crossing roads, side roads and driveways. If running along roads with no footpaths, runners shall run to the right and face any oncoming traffic, or to the left at bends where forward visibility to the right is limited.

**NB** groups of runners are supposed to run on the left, as per races.

- **Medical Conditions**

All members declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a medical condition or injury. Members with any medical condition agree, where appropriate to carry details of their condition, as well as their name and details of an emergency contact.

Members should familiarise themselves with any individuals who have first aid training.

The run leader/coach will provide details of who has the defibrillator before each run/training session.



- **Summer Runs/Group Runs**

When preparing to set off on the run, runners/walkers should listen to the proposed route(s) given by the run/group leader and ensure that they or at least two other members in their group are familiar with the route. The groups should endeavour to stay together as much as possible. The run/group leader should take a headcount periodically to ensure that no one gets left behind, however runners should be aware that this is not always possible.

Runners should be aware that there may be multiple groups doing various distances and routes.

Where there is mixed ability within a group, regrouping should take place at appropriate times along the route and also when a change in direction is being made. If anyone decides to leave the group whilst out on the run, they **MUST** inform at least one other runner in their Group.

Upon returning to the start, check that everyone who started out has returned, or can be accounted for.

The run/group leader should carry a mobile phone to be able to call for help, if required.

- **Running with Dogs**

We do not permit running with dogs on our official club training sessions (Tuesdays in Shaftesbury/Thursdays in Sturminster), or whilst competing in our internal club races.

On the club's Tuesday Summer Runs, well behaved dogs are permitted, but they must be in the full control of their owners/handlers and pose no risk whatsoever to any club member, wider public, livestock and wildlife.

Our external club races have their own policies on dogs.

- **Incidents and reporting**

Ensure that the run leader/coach has a mobile phone. In the event of an incident, first check if anybody is injured and try to locate an emergency first aider. Members should familiarise themselves with any such individuals.

Run leaders will have a basic understanding of how to give treatment or first aid response to any minor injuries. Common sense should be exercised when returning the injured person back to the run start or home.

For serious injuries do not attempt to move the injured person, unless their location is immediately life threatening. Try not to leave the injured person unaccompanied. If appropriate contact emergency services, using 112 or 999.

Any incidents or 'near miss' incidents should be reported to a committee member, ideally the Welfare Officer.

MARCH 2025



These guidelines are endorsed by all Committee members and Club members of The Dorset Doodlers Running Club.

At least annually and on membership renewal, each club member acknowledges they are responsible for their own health & safety while running.