

# Cirencester Athletics Club

## Health, Safety and Well-being Policy March 24

### Aim

The Club wishes to ensure the Health, Safety and Well-being of all Club members in their “sporting activities” \*\* related to the Club, both in Club run activities and in their own training sessions.

### Process

The Health and Safety of our members is achieved through having competent people performing activities that have been risk assessed and suitable controls and mitigations put in place. The well-being of our members is achieved through the range of the Club’s activities and how they are performed.

- All our coaches are qualified and competent (and DBS checked), to design and run sessions that are safe and healthy. This includes the application of a dynamic risk assessment and checking with members their ability to perform the sessions at the outset. Coaches’ competency is managed through a Coaches Competency Management process.
- The Club’s main training session is divided into manageable group sizes, based on the members’ capabilities, and the coaches will intervene if a member is struggling, or adapt the session, if necessary, e.g. weather conditions deteriorate significantly.
- The Club provides First Aid training and suitable First Aid equipment to its coaches.
- Any accidents that occur during a session are recorded in an Accident report, which is shared with the Club Welfare officer, to ensure lessons are learnt and the risk of recurrence reduced.
- There are risk assessments for the Club’s sporting activities and venues used. These are reviewed regularly.
- All equipment provided / used by the Club for members’ sessions is checked at its time of use for its condition and safe use.
- The coaches seek feedback from the members participating in sessions to improve future sessions, hence the use of new training locations.
- The Club puts on social events for members, including Thursday mornings’ ‘coffee and cake’ with a chance to chat, preceded by a ‘social run’.
- The Club provides guidance and information for members through articles, and other media, on the Club’s website and social media, especially on how to train outside the Club-run sessions including recovery and injury prevention.
- The Club coaches children from school age up to the age they become adults and have a safeguarding process to ensure their wellbeing. Guidance is provided to (non-coaches) parents helping deliver the sessions on safeguarding and interacting with children, including safe release process of Juniors to their parents.
- The Club puts on running events for members and non-members and applies the above process for participants.

All club members have a duty to take reasonable care of their own Health and Safety and that of others who may be affected by what they do or do not do. They should always co-operate with the club on Health and Safety issues and correctly use equipment provided by the club. No club member should interfere with or misuse anything provided by the club for Health and Safety.

\*\* The Club has members who run, do Triathlons (swim, cycle, run) and compete in Road, Off-road, and Track and Field events. These are the “sporting activities” related to the Club.