



HEALTH AND SAFETY POLICY

1. Members and guests participate in all Club training sessions, events, and activities at their own risk.
2. Events may include races staged by the Club. Training sessions includes regular weekly training sessions, and any additional social runs organised by the Club.
3. You acknowledge and agree that the sport of running and participation in Club training sessions and events is physically strenuous and physically demanding.
4. By submitting the membership form, you agree that you are physically capable and fit enough to participate in Club training sessions and events and that you acknowledge there may associated medical and physical risks involved in you undertaking exercise. It is your sole responsibility to ensure you are fit enough to participate in Club training sessions and events.
5. Any member who has a medical condition should consult with his/her doctor before joining the Club or participating in training or racing at any time during membership of the Club.
6. You agree that any medical information provided by you on the membership form is true and accurate and that it may be used to treat or otherwise assist you as a result of illness or injury sustained from your participation in a Club training session or event and/or used by assisting medical personnel where deemed necessary.
7. Further, you agree to inform the Club of any change to your medical details from the date of completion of the membership

form which is likely to affect your participation in Club training sessions or events.

8. You must inform the run leader (prior to the start of a training session) if you have a medical condition that may affect your ability to participate in the session.
9. Members are responsible for wearing suitable kit and, where required, bringing the correct equipment to a training session or other event.
10. Members are responsible for ensuring that any equipment/kit brought to a training session or event is in good working order and not in a condition which is likely to cause injury to themselves or other members.
11. If a run leader considers that a member's participation in a session is a health and safety risk (either to the member themselves or to other members or guests) or that a member may not be well enough to participate, the run leader is fully entitled to ask the member not to participate and to leave the session. You must respect the run leader's judgement and comply with their instructions.
12. A full Risk Assessment must be completed prior to any club event.
13. All members must be aware of, and follow, the club's running guidelines, as published and updated from time to time, and any specific health and safety guidelines communicated in person, or by social media, email or on our website by committee members or designated run leaders.
14. Guests running with the club prior to becoming members, are responsible in the same way as full members for all points above.
15. Guests running with the club for the first time must sign in, include contact details and declare any medical conditions.