

Issue date: March 2025
Review date: March 2027
Document owner: Club Health & Safety Officer

HOLME PIERREPONT RUNNING CLUB

HEALTH AND SAFETY POLICY STATEMENT:

“Holme Pierrepont Running Club is committed to encouraging our members to take part in all club activities. However, the health, well-being and safety of each individual is always the club’s paramount concern. We recommend members take part in club activities only when they are fit and able to do so, and expect all our members to participate in this way. We fully expect individuals joining the club to be aware of their own individual responsibilities for their health and safety and conduct when running in public with regard to other members of public and traffic regulations.”

HEALTH AND SAFETY POLICY:

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

- Undertake risk assessments of the club’s meeting points at the National Watersports Centre and Bingham Leisure Centre, and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessments.
- Support all members to train within their means by providing training sessions which all abilities within the club can take part in safely.
- Ensure that all members are aware of, understand and follow the club’s health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Ensure club members are aware of where first aid facilities are available and names of members who are qualified first aiders.
- Report any injuries or accidents sustained during any club activity in the accident book at the NWSC or the Health & Safety Officer.

- 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 who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues.

CLUB HEALTH AND SAFETY OFFICER: Hannah Matharu
(hannahsampson116@gmail.com)

.....

FIRST AID: Location of first aid facilities: National Water Sports Centre Reception,
Bingham Leisure Centre Reception

.....

Location of telephones: National Water Sports Centre Reception,
Bingham Leisure Centre Reception

.....

QUALIFIED FIRST AIDERS: 1. Will Meredith

.....

2. Mark Rose

.....