



Middlesbrough & Cleveland Harriers Health and Safety Policy

Middlesbrough & Cleveland Harriers are a volunteer led athletics club. The club and committee are committed in the development of amateur athletes by supporting and offering opportunities within the athletic community.

Overall responsibility for health and safety will lie with all members of the club committee. It is the committee's responsibility to appoint a competent person to uphold outlined health and safety arrangements.

Whilst Health and Safety is everyone's concern, Middlesbrough & Cleveland Harriers commitment is to provide a healthy and safe environment to pursue athletic achievements by providing the following principles:

1. Carry out Risk Assessments for all club activities, record findings and communicate
2. Provide a safe environment for athletes to practice, by implementing control measures identified by Risk Assessment
3. Ensure all members are aware and understand the clubs Health & Safety Policy
4. Report any incidents or accidents sustained during a club activity
5. By committee appointment, nominate competent members to lead practice sessions
6. Provide safe locations to carry out activities
7. Provide all Health and Safety information relevant to activities undertaken
8. Promote an inclusive culture to support the well being of all athletes and recognise different capabilities
9. Report any safety concerns brought forward by the club members to the committee and communicate the response

The health & wellbeing of all members is paramount, whilst run leaders will encourage and support during activities, athletes are under no obligation to complete a full session. If an athlete feels they are unable to continue, they must inform the run leader of their intentions.

Members of Middlesbrough & Cleveland Harriers, have a duty of care to inform the club and/or run leader of any medical ailments which could prevent them completing an activity, or potential causing issuing during. Those who do not feel comfortable discussing in public can request private consultation to discuss.

On the occasion club activities, involve using indoor or outdoor public premises, site evacuation rules apply. Members are encouraged to take note of emergency exits and displayed premises evacuation procedures.

It is expected for members to follow the guidance provided and act in a safe, respectful manor.

Challenge, Support & Encourage.

Middlesbrough & Cleveland Harriers.