



## **Health and Safety Policy Statement**

Havering AC is committed to ensuring that all members who attend club training sessions and compete for the club do so with health, safety and athlete well-being as a priority. Levels of training will reflect the age and ability of those taking part.

### **Health and Safety Policy**

The club takes its lead from guidance provided by UK Athletics, in particular the UKA Approved Code of Practice for the safe conduct of track and field training issued in September 2022 and as subsequently updated.

To support our Health and Safety Policy Statement we are committed to:

- undertake regular risk assessment of the club premises and activities undertaken by the club and implement any actions arising;
- ensure a safe and controlled environment;
- ensure that athletes are given the level of training and competition appropriate for their age, ability, maturity and development;
- ensure that all members are made aware of the club's duties and their individual responsibilities in health and safety matters;
- appoint a competent club member to assist with health and safety responsibilities.
- ensure that club coaches and other volunteers are aware of first aid provision and the club's emergency procedure;
- ensure appropriate first aid cover and maintain a record of accidents arising from club activity, and report these to UKA, where relevant; and
- monitor the effective implementation of this policy regularly.

### **Members' Health and Safety Duties:**

It should be recognised that individual members have responsibility for certain health and safety matters, namely 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;
- co-operate with any guidance from coaches and the club committee on health and safety issues;
- follow any guidance from coaches and the club on safe training routines and the correct use of equipment at training sessions; and
- do not interfere with or misuse anything provided for their health, safety or welfare.

### **Health and Safety Officer (December 2025)**

Jason Lendon

## **Relevant Links and Guidance**

UKA Approved Code of Practice for the safe conduct of track and field training (September 2022)

[https://www.uka.org.uk/wp-content/uploads/2022/10/Codes\\_of\\_Practice\\_-\\_Training\\_FINAL-v-1.01.pdf](https://www.uka.org.uk/wp-content/uploads/2022/10/Codes_of_Practice_-_Training_FINAL-v-1.01.pdf)

UKA Health & Safety – Accident & Incident Reporting <https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/>

UKA First Aid Training for Coaches and Leaders FAQs <https://www.uka.org.uk/coaching/first-aid-faqs/>

Havering AC Road Runs Training - General Guidance & Risk Assessments

Policy Statement approved by the Havering AC Committee 20<sup>th</sup> January 2023 and revised 21<sup>st</sup> December 2025