



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;
- 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 during club training sessions, 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 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.

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

UKA Health & Safety – Accident & Incident Reporting <https://www.mysporthost.com/HealthAndSafety/>

UKA First Aid Guidance for Coaches and Leaders (December 2021) <https://www.uka.org.uk/wp-content/uploads/2022/02/FINAL-220101-First-Aid-Guidance-for-Coaches-and-Leaders.pdf>

Havering AC Road Runs Training - General Guidance & Risk Assessments

Health and Safety Officer (January 2023)

Jason Lendon

Qualified First Aiders (January 2023)

1.Claire Richards.....
2.Patrick Gahagan.....
3.Susan Wright.....
4.Derek Earney.....
- 5.....Trevor Wells.....
6.Peter Estcourt.....

Policy Statement approved by the Havering AC Committee 20th January 2023