



# BUNGAY BLACK DOG RUNNING CLUB

England Athletics 2657740  
SCAA affiliated

## HEALTH AND SAFETY POLICY STATEMENT:

Bungay Black Dog Running Club is strongly committed to encouraging our members to take part in the club's playing programme, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age, maturity and ability, and expect all members to participate within these boundaries.

Our aim is to keep our club members and members of the public safe whilst undertaking our club activities, removing risk where possible and implementing control measures to reduce risk as far as reasonably practicable.

We achieve this through relevant risk assessment, our code of conduct for coaches, officials and volunteers, together with our club Welfare Policy and accident and emergency procedures.

## HEALTH AND SAFETY POLICY:

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

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a small team of club members to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and communicated to all members.
- Provide access to adequate first aid facilities, telephone and appropriately qualified first trained Coach/Run Leader during club led activities or whilst on the club premises.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

Chairman: Robin Ashe  
07909 527226  
robinashe@icloud.com

<http://www.bungayblackdogrunningclub.co.uk/>

Club Captain: Tom Pullinger  
07717 712209  
tvpullinger@btinternet.com





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## 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.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

## CLUB HEALTH AND SAFETY TEAM:

1. Sue Potter
2. Susan Wright
3. TBA

**FIRST AID:** First Aid kits are located in the shed at BARC

**TELEPHONES:** None on site but all coaches, assistant coaches and LiRFs are reminded to carry their fully-charged mobile phone when on rota

## QUALIFIED FIRST AIDERS:

**All of our Coaches, Coaching Assistants and Run Leaders are encouraged to take the First Aid in Sport Course. The following individuals currently hold this certificate:**

John Wharton	Sarah Sparkes
Guy Bennett	Lucy Johnstone
Stu Lawn	Susan Wright
Bob Paul	Sue Potter
Christine Muttitt	Bobbie Sauerzapf
Jackie Bell	

## LOCATION OF NEAREST DEFIBRILLATOR:

**The Maltings Pavilion, Ditchingham**

**REVIEWED AND APPROVED BY MAIN COMMITTEE SEPTEMBER 2016**

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