



Health and Safety Policy

The following document sets out the policy and procedures for matters relating to health and safety. This document should give a clear understanding to all members and officials of Kirkby Milers Athletics Club of their requirements.

Policy statement

Kirkby Milers Athletics Club will provide and maintain safe and healthy training conditions, equipment and procedures for all athletes, volunteers and visitor's whilst attending any sessions. We commit to achieving the following:

- Providing adequate control of the health and safety risks arising from our activities.
- Providing and maintaining safe equipment to use.
- Preventing accidents
- Maintaining safe and healthy training conditions.
- Consulting with our site partners on matters affecting their health and safety.

Our responsibilities

The overall and final responsibility for health and safety is that of the Kirkby Milers Athletics Club Committee.

The coaches and leaders are responsible for ensuring this policy is put into practice during club sessions.

To ensure health and safety standards are maintained, the following people have responsibility in the following areas

Responsibility	Name
Risk assessments	Chris Beyga
Maintaining equipment	Paul Cope
Information and instruction	Paul Cope
Accidents, first-aid and near miss reporting	Paul Cope
Emergency procedures – fire and evacuation	Paul Cope



Member responsibilities

All members and volunteers have a duty to act responsibly and take reasonable care for the health and safety of themselves and their teammates. This duty can be carried out by:

- Training safely and complying with all health and safety requirements.
- Not interfering with anything provided to safeguard health and safety.
- Seeking guidance if there is a belief that any training practice is unsafe
- Reporting and sharing information about emergencies, accidents and near miss incidents to the appropriate person above.

Arrangements for health and safety

The following details how we will provide any arrangements for health and safety to members, volunteers and spectators

Risk assessment

- We will complete any relevant risk assessments and take any appropriate action needed.
- We will review risk assessments yearly or when legislation changes.

Training

- We will ensure all coaches and leaders have the appropriate training for use of any equipment.

Consultation

- We will consult coaches and officials routinely on health and safety matters as they arise and when we review or make changes to this policy.

Evacuation

- We will make sure escape routes are well signed and kept clear at all times.
- Evacuation plans will be implemented at sites that require them.
- Evacuation plans will be practised from time to time and updated when necessary.

**Risk Assessment: Kirkby Milers AC Track Sessions
Wednesday 6pm-8pm
Friday 6pm-7pm**

Date:	Assessed by:	Location:	Review:
20/02/2022	C. Beyga with input from all coaches	Kirkby High School, Bracknell Avenue, L32 9PP	February 2023

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom
Weather Conditions	Athletes.	Coaches to decide on safety measures: considerations – use of suitable footwear on wet surfaces can the event be run in a safe manner.	M	Cancel/postpone session until conditions improve.	M	Coaches
Wet or icy weather on track	Risk of slips and falls		M			
Hot weather	Sunburn and dehydration.	Sun: cream/hats/drink	M			
Wind	Flying debris	Advise limited travel in strong winds				

Other athletes and officials.	Injuries caused by collision in training session, particularly at the start and finish but possible during session – spikes/tripping, stumbling. Collision with other athletes Low but possible	Coaches judge the numbers in session where individual lanes are not used - Close supervision of all starts.	L	Detailed instruction to all athletes and spectators. Seek extra coaches if attendance is larger than normal.	L	Coaches
Footwear Clothing Jewellery / objects	Athletes	Coaches advise on appropriate clothing prior to session. If footwear deemed inappropriate/unsafe athlete to be advised, they are unable to participate	L	Detailed instruction to all athletes	L	Coaches
Grass area & pathways	Athletes and coaches Injuries from slipping/tripping	Athletes to wear adequate footwear such as trainers or running spikes. Area to be checked before use. Ensure ground is level and free of debris or holes.	L	Detailed instruction to all athletes	L	Coaches

<p>Accident / Illness</p> <p>Minor injuries – cuts, bruises etc</p> <p>Serious injury that cannot be treated on site – life threatening level</p>	<p>Athletes, Coaches and spectators</p>	<p>All Coaches hold First Aid qualifications. Club to retain ICE details for all members</p> <p>Coaches to administer First Aid – in case of Juniors, parent/guardian to be informed</p> <p>In case of serious injury designated Coach to phone emergency services and await arrival at entrance</p> <p>Defibrillator located in main reception.</p> <p>Quote address and 3 little words to enable speedy navigation ///foal.bottle.town</p> <p>Kirkby High School, Bracknell Avenue, L32 9PP</p>	<p>M</p>	<p>Club officials to ensure all Coaches maintain First Aid qualifications and are up to date</p>	<p>M</p>	<p>Coaches and club officials</p>
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Risk Assessment: Kirkby Milers AC Social Sessions Thursday 6:30pm

Date:	Assessed by:	Location:	Review:
22/03/2022	P. Cope with input from all coaches	Car Park on Cherryfield Drive, L32 8SE *Locations can vary	February 2023

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom
Weather Conditions	Athletes.	Coaches to decide on safety measures: considerations – use of suitable footwear on wet surfaces can the event be run in a safe manner.	M	Cancel/postpone session until conditions improve.	M	Coaches
Wet or icy weather on roads	Risk of slips and falls					
Hot weather	Sunburn and dehydration.	Sun: cream/hats/drink	M	Cancel sessions if wind is deemed risk to life		
Wind	Flying debris	Advise limited travel in strong winds				

Athletes and public	Injuries caused by collision in training session - tripping, stumbling. Collision with other athletes and public Low but possible	Coaches judge the numbers in session. Close supervision during run.	L	Detailed instruction to all athletes. Seek extra coaches if attendance is larger than normal.	L	Coaches
Footwear Clothing Jewellery / objects	Athletes	Coaches advise on appropriate clothing prior to session. If footwear deemed inappropriate/unsafe athlete to be advised, they are unable to participate	L	Detailed instruction to all athletes	L	Coaches
Public	Athletes and coaches Risk of harm from cars, bicycles other transport. Debris Dog bites	Coaches to check roads are clear before crossing. Warn of potential hazards on the route Pay attention around loose dogs	L	Detailed instruction to all athletes Be ready to stop to a walk if necessary	L	Coaches

<p>Accident / Illness</p> <p>Minor injuries – cuts, bruises etc</p> <p>Serious injury that cannot be treated on site – life threatening level</p>	<p>Athletes, Coaches and public</p>	<p>All Coaches hold First Aid qualifications. Club to retain ICE details for all members</p> <p>Coaches to administer First Aid</p> <p>In case of serious injury designated Coach to phone emergency services and await arrival</p> <p>Coach to locate nearest defibrillator with emergency services.</p>	<p style="text-align: center;">M</p>	<p>Club officials to ensure all Coaches maintain First Aid qualifications and are up to date</p>	<p style="text-align: center;">M</p>	<p>Coaches and club officials</p>
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