

## North Leeds Fell Runners Health and Safety Policy

### Policy Statement:

North Leeds Fell Runners aims to promote the health, safety and welfare of all persons to whom we owe a duty of care, including club **members, athletes, spectators**, and **volunteers** through a commitment to the development of a positive health and safety culture.

To achieve the highest possible standards, North Leeds Fell Runners aims to, so far as is reasonably practicable:

- Comply with all relevant health and safety legislation and guidelines;
- Conduct risk assessments, ensuring actions arising are implemented and the risks are reduced to the lowest practicable level;
- Provide defined procedures, which include safe methods of working for all those involved in the delivery of a club activity;
- Provide, maintain and inspect equipment;
- Seek to prevent accidents, incidents, near misses **and cases of work-related ill health**
- Report any accidents, incidents, near misses **and cases of work-related ill health - and this** arising from club activity and ensure the timely completion of investigations to prevent incident reoccurrence;
- implement emergency and first aid procedures. In case of emergencies such as accidents during club activities, ensure emergency agencies are contacted and any first aid available is used by trained personnel
- ensure mechanisms are in place to report hazards and identify and rectify faults
- ensure suitable welfare arrangements are in place and provide a safe and healthy **running** environment for all those involved in club activity, and;
- provide appropriate information, instruction and supervision to ensure all those involved in club activity take care of their own safety and welfare and that of others.

North Leeds Fell Runners is committed to the development of individuals involved in the delivery of club activity and aims to:

- establish an effective process that identifies how the health and safety responsibilities are allocated and communicated across the Club;
- communicate matters affecting health and safety, including day-to-day health and safety conditions, and;
- provide appropriate information and support to ensure all those with a responsibility for health and safety are competent in their role.

It is important to state that Health and Safety is the responsibility of all Members of the running club. Club Members have responsibility for their own safety and the safety of others and to comply with this policy.

All Club Members have a responsibility to adhere to this policy, report any hazards or incidents promptly, and cooperate with the Club Committee and Welfare Officer(s) to maintain a safe environment.

The **Club Welfare Officer(s)** will oversee the implementation of this policy, act as a point of contact for health and safety concerns, and provide advice and support to club members as needed.

All **Athletes, Members and Volunteers** should ensure that they are aware of the risks of hypothermia, including early recognition, first aid response, and prevention. Further information regarding these aspects of health and safety.

Club **Participants, Members and Volunteers** will be encouraged to carry Fell Runners Association (FRA) standard kit (hat, gloves, waterproofs, whistle, map, compass, emergency food) when

participating in club activities, including training and events. Especially during winter months and when participating in longer/ more remote club activities.

**Club Members** will be encouraged and supported to learn first aid skills.

**Where practicable**, the club will ensure that an adequate number of **qualified first aiders** are available during club activities and events and that suitable First Aid Kit is carried.


The club advises that for club-organised higher-risk or remote training that First Aid trained **Members** are in attendance and that adequate first aid kit is carried.

The club will establish and communicate emergency procedures for various scenarios, such as injuries, adverse weather conditions, or other emergencies. Club Members, athletes and Volunteers will be made familiar with these procedures and follow them accordingly. These will be communicated via several channels including on Spond App and the website.

**All Club Members** will be encouraged to learn to navigate using map and compass and practice their skills regularly.

This health and safety policy serves as a framework for the fell running club to promote the well-being of its members, participants, and volunteers. By adhering to this policy, we aim to create a safe and enjoyable environment for all involved in the club's activities.

The Club Committee is responsible for the implementation and management of the health and safety arrangements that exist within North Leeds Fell Runners and accepts this responsibility. The Committee will review this policy statement at least annually and any revisions will be made accessible to members.

Signed: 

Club Committee Chair

Date: 10/11/2025