**HEALTH AND SAFETY POLICY STATEMENT:**

Carn Runners is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability, and expect our athletes to participate within these boundaries.”

**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.
* Ensure that all members are aware of, understand and follow the club’s health and safety policy.
* Appoint a competent club committee member to assist with health and safety responsibilities.
* Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
* Provide access to adequate first aid equipment and telephone at all times.
* 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.

**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.