**Eccleshill Road Runners**

**Health & Safety Policy**

**HEALTH & SAFETY STATEMENT**

Eccleshill Road Runners are committed to encouraging its members to take part in running activities but the health, well being and safety of everyone is of paramount importance. As a club we organise training and encourage competition in a challenging but supportive environment which takes into account the ability of the individual member.

**HEALTH & SAFETY POLICY**

To support our Health & Safety statement we are committed to undertake the following duties:

* Undertake regular recorded risk assessments of all the activities participated in by the members.
* Create a safe environment by putting health & safety measures in place as identified by the risk assessments
* Ensure that all members are offered training based on their own individual ability
* Appoint a club member to assist and monitor Health & Safety
* Ensure that members are aware of the Health & Safety policy