

# North Ayrshire Athletics Club

## Health and Safety Policy

1.1 It is the policy of the North Ayrshire Athletics Club (NAAC) to ensure, so far as reasonably possible, the health and safety of all athletes and coaches engaged in training and competition with the club.

1.2 Ultimate responsibility for the discharge of this duty lies with the President of the club.

1.3 Running and athletics training requires that participants often train at different times or pace. This puts the emphasis on the individual and the smaller group when it comes to health and safety and all participants are expected to look after themselves and one another when training with and competing for the club.

1.4 NAAC is affiliated to Scottish Athletics

1.5 It is the responsibility of the Board to bring to the attention of all new members the club's health and safety policy. This statement should be provided via the website to all members, together with any annual updates.

1.6 The Club health and safety policy is to be displayed on the website, and at the track

1.7 The policy is to be reviewed annually, by the Board and presented at the AGM. The Board shall then approve, where appropriate, any changes, and the new policy displayed updated on the website and noticeboard(s).

## 2.0 Training under the Club's auspices

2.1 It is the responsibility of all runners to dress with appropriate light, reflective and /or high visibility kit. This is very important when running in the dark or poor visibility conditions.

2.2 It is the responsibility of the individual to bring to the attention of all before a session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.

2.3 It is the responsibility of all runners to make sure that no runner is left running or training alone. This is especially important when running off road, in the dark or poor visibility conditions.

2.4 It is the individual responsibility of all runners/athletes to make sure that they cross roads at safe places.

2.5 It will be the responsibility of the senior Board member present at any track session at the track to decide whether the track is in a fit state for use as far as they are able to do so as is reasonable in the circumstances.