

1. GENERAL STATEMENT OF SAFETY POLICY

As Club Co-Chairs, we will make every effort to ensure that Manchester Frontrunners (MFR) recognises and accepts its responsibility for the provision and maintenance of a safe environment and of safe practices for its members¹; and for taking all steps that are reasonably practicable to achieve this objective.

In issuing this statement, we wish to make it known that the achievement of this objective is also the responsibility of all Club members who should take responsibility for, and care of, their own health & safety, and to assist the Club and its Committee in achieving its objectives.

To assist in achieving this objective all members should report any health and safety issues that they may be aware of to the Welfare Officer; whereupon they will be acted upon as necessary and as soon as possible.

All accidents and incidents relating to Club activities which may impact on the health, safety or welfare of members, or members of the public, will be investigated and the outcome reported to the Committee for any action that may be considered necessary.

In order to ensure that the requirements of this general statement are achieved, the following matters will form the basis of the organisation and arrangements to be implemented and reported to The Committee:

- Arrangements for the effective planning, implementation and monitoring of health & safety.
- The provision of information to all members about health & safety matters, and where necessary, specialist advice and information will be sought from expert bodies, e.g. UK Athletics and UKA Welfare organisations.

As Club Co-Chairs, we will make every effort to ensure that the requirements of this policy are carried out to secure and maintain the health and safety of all members.

Nina Barthell & James Moles

Co-Chairs

¹ MFR welcomes runners to 'try before they buy'. This means that, as a new runner, you are welcome to attend a few of our events to determine for yourself whether you wish to become a paid member. If you run with MFR before becoming a member you are a guest of the Club. As a guest you agree to make every effort to abide by this policy and any reference in this policy to 'member' also applies to 'guests'.

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2. ORGANISATION AND ARRANGEMENTS FOR THE EFFECTIVE PLANNING, IMPLEMENTATION AND MONITORING OF HEALTH & SAFETY.

- a. Health & safety matters shall be considered at each monthly Committee meeting. In particular, the following matters shall be reported on:
 - i. Any reported accidents or incidents to members
 - ii. Any works or actions required to comply with the Risk Assessments. Any other health & safety information received from the UKA or any other statutory body.
- b. An annual report on health and safety issues shall be made to the Annual General Meeting.
- c. This Policy shall be brought to the attention of all individuals when they first attend an MFR event and shall be deemed to have been agreed to by all members upon completing a membership form and paying for their membership.
- d. Members shall be encouraged to report any health & safety issues to the Welfare Officer.
- e. This Policy shall be reviewed on an annual basis and shall be available on MFR's website for information.
- f. The basis of the arrangements of this Policy shall be the Risk Assessments which shall be reviewed at least annually.
- g. For reasons of safety and logistics regarding post run social events the Risk Assessments shall specify start and finish times for all MFR events. This policy shall only apply to members during those specified times.
- h. In addition to Risk Assessments, Guidance Notes shall be available, to which all members will be expected to adhere for their own safety. These Guidance Notes will form part of this Policy and will also be available on MFR's website.

- i. This Policy is subordinate to all policies and procedures in force at the Manchester Regional Arena (SportCity, Manchester). Any member choosing to attend Tuesday night training sessions at this location will be expected to abide by the rules and policies of the venue.
- j. This policy does not apply when you attend a UKA licenced race. You are subject to the rules and policies set by the organisers of the race.
- k. In respect of child protection, any person under the age of 16 should be accompanied by either a parent or an appropriate adult. Each case will be considered individually and in accordance with the relevant recommendations made by UKA at the time.
- l. There is nothing to prevent you from bringing a pet dog or designated 'assistance' dog to any publicly accessible MFR organised event. You accept however: that the dog must remain under your exclusive control at all times; that you must abide by all laws and by-laws in force regarding the control of your dog, and that MFR shall not be liable in the event of loss, damage, injury or illness to any person or to your dog as a result of taking part in the activities of the Club.
- m. Under our duties as a 'service provider' as defined by The Equality Act 2010, The Committee have reviewed, as part of the Risk Assessments, the extent to which MFR events are accessible by disabled people (as defined by The Act). The Committee have endeavoured to anticipate the limitations on accessibility that disabled people may face and we have attempted to implement the necessary adjustments; however, if you feel that we have not met your needs you have the right to ask us to consider reasonable adjustments to our events to enable you to participate fully and inclusively.

3. SAFETY GUIDANCE NOTES FOR ALL MEMBERS

For their own safety and for the safety of others, all members should be aware of and take heed of the following general guidelines. Many of these points are also covered in the Generic Risk Assessment for MFR runs:

- a. Always exercise due care when crossing roads, and never blindly follow the runner in front assuming that the road is clear.
- b. When there is no footpath or other circumstances demand that you have to run in the road, ALWAYS run facing the oncoming traffic.

- c. When running during hours of dusk or darkness, always wear some form of high visibility clothing.
- d. The majority of accidents involve slips, trips and falls whilst out running. Members should take particular care therefore when running in tight groups and when running off-road particularly on the bridges and tow-paths alongside the Rochdale Canal and River Irwell.
- e. In early spring, the Canada Geese that are nesting/rearing young along the Rochdale Canal can become particularly aggressive and have been known to bite. Members should take particular care to avoid them when running. The best advice is to run straight past not to stop to observe them.
- f. During MFR runs, you should know and be able to recognise the lead runner and the designated backmarker of the run. If you are new to MFR you will be paired with a run-buddy who will accompany you at an appropriate pace for the duration of the run.
- g. If you do not intend to complete the designated run route and, for example, return to Sugden Sports Centre (Wednesdays and Thursdays) the MFR Club Secretary or other nominated individual will make a note of your name so that the register can be updated accordingly. You are strongly advised to notify a fellow runner if, part way through the run, you later decide to cut your run short.
- h. You are strongly advised not to leave group you are running with, without letting your run-buddy or another group member know why you are leaving and the reasons why.
- i. Familiarise yourself with the controls that are identified in the Risk Assessments set out in the Appendix to this Policy and on the MFR website, and make every effort to comply with them as necessary.
- j. For safety and logistical reasons the Risk Assessments for each run will specify start and finish times. If you do not believe you will be able to complete the run in the specified time you should notify a member of the Committee who will advise you of the safest course of action which may include asking you to run a shorter route/distance.
- k. If you become aware of any safety issues, you should bring them to the attention of the Welfare Officer, or another Committee Member without delay so that remedial action can be taken. Details of all Committee Members are available on the MFR website.

- l. If you are involved in an accident or other incident during an MFR run, you must inform the Welfare Officer or nominated individual so that the event can be recorded and investigated as necessary.
- m. Runs or other events that are organised by individual members on an *ad hoc* basis, whether they start and/or finish at an MFR start location or not, are deemed to be unofficial events. They are therefore not subject to MFR's Policies and Procedures; although every member who participates in such events is advised to adhere to the general rules and guidance as necessary for their own personal safety.
- n. When running alone and during an organised MFR run, it is strongly advised that members carry a mobile phone so that they can contact someone in an emergency.

4. APPENDIX

- a. Policy Revision History
- b. Risk Assessment Wednesday/Thursday Route (summer)
- c. Risk Assessment Wednesday/Thursday Route (winter)
- d. Risk Assessment Saturday Route

POLICY REVISION HISTORY

ISSUE	DATE OF ISSUE	SUMMARY OF CHANGES
1	July/2015	New Document
2	06/09/2015	Updated to reflect new start route to Thursday winter route.
3	05/10/2015	Updated to reflect change to Alexandra Park winter route.
4	19/03/2015	Moved Appendix (risk assessments) to individual documents to make updating easier