



## **Hercules Wimbledon AC**

### **Health and Safety Policy**

Hercules Wimbledon AC recognises that it has a duty of care to all members to create an environment in which Club activities are conducted as safely as possible, and in which athletes, coaches, parents/guardians and volunteers can enjoy a positive experience of athletics.

The athletics stadium at Wimbledon Park is owned by the London Borough of Merton (LBM) and its general upkeep is managed by idVerde. Hercules Wimbledon AC works on an ongoing basis with these bodies and England Athletics (EA) to ensure that the track and field facilities meet the EA Trackmark standards for training and competition.

#### **The Club will:**

- Provide England Athletics-qualified coaches at suitable levels for all activities.
- Tailor coaching and competition to age and ability.
- Inspect and ensure any equipment to be used is fit for purpose.
- Undertake a regular, recorded risk assessment of the track, infield and facilities and report any health or safety issues to LBM and/or idVerde.
- Where possible, liaise with the above bodies to ensure problems are solved swiftly.
- Ensure that emergency operating procedures are in place and displayed prominently in the Clubhouse.
- Provide access to adequate first aid facilities (including a defibrillator) in the clubhouse.

- Strongly recommend that all coaches and any regular volunteers take a First Aid course to ensure that at least one qualified first aider is on hand at training sessions and post a list of those who are first-aid qualified in the clubhouse.
- Conduct specific risk assessments in advance of competitions hosted by the Club, according to the nature of the event.
- Ensure competitions hosted by the Club are conducted by England Athletics-qualified officials at appropriate levels.
- Provide suitable additional medical cover at all competitions.
- Ensure that courses for road/cross country races hosted by the Club are checked in advance, properly signed (for the safety of both runners and the public), any potential hazards are suitably managed, marshalled, and/or marked by signage, and if necessary communicated to runners at the start of the race.
- Report any accidents or incidents (near misses) during training or competition to England Athletics/UKA at <https://www.mysporthost.com/HealthAndSafety/> and any other appropriate bodies, once the accident/incident has been dealt with safely.

**Club members/parents/coaches/officials can contribute to the safety of all by agreeing to:**

- Abide by the rules for track and field safety and take reasonable care for their own health and safety and that of others during training and competition.
- Co-operate with the Club on health and safety issues and not interfere with or misuse any measures put in place for the health, safety or welfare of all.
- Correctly use any equipment required during training or competition.

## **RULES FOR TRACK AND FIELD SAFETY (updated 2 April 2024)**

### **Track**

- Coaches will direct warm-ups before sessions, but if appropriate, in order to ease track congestion, senior distance athletes can help by arriving at the stadium mostly warmed up (e.g. jog in the park) so that only drills and strides are done on the track.
- Before stepping onto or crossing the track, treat it like a road and look both ways.
- Always run in an anti-clockwise direction around the track.
- Unless coaches have agreed otherwise for a specific session, lane use should be as follows:
  - Distance runners should keep to lanes 1 and 2.
  - Lane 3 should be used for overtaking if necessary and, when safe, for jogging recovery.
  - Sprinters should use lanes 4,5,6, plus 7 and 8 on the 100m straight.
- When distance-running, if you see a slower athlete directly in front of you, move around them to overtake, always making sure you check behind you first. Athletes or coaches should only shout 'track' in order to avoid a potential accident.
- Keep the start/finish line clear. Run through the line and off the track – distance runners should veer off to the left, onto the grass; sprinters to the right to avoid the potential for collisions. Do not stop, linger, sit down, or otherwise impede athletes who may be behind you.
- When not running keep off the track. This includes briefings and discussions.

### **Field**

- Only cross the infield under the explicit direction of a lead coach – this can be dangerous as javelin and discus/hammer throwing may be taking place. Otherwise, if you need to reach the other side of the track, walk around the outside.
- When taking part in throwing training or competitions, a horn or whistle must be sounded before each throw. Never turn your back on a throwing circle or runway. Remain alert and listen for warning horns or calls from officials or coaches.

## **General**

- Don't use headphones, as these may prevent you from hearing horns, warning calls or instructions from coaches.
- Correct footwear must be worn on the track. Spikes must not be longer than 6mm.
- Balls are not allowed on the infield, unless included in an athletics coaching session.
- Young athletes must be supervised at all times.