



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

(also displayed in the stadium at Wimbledon Park)

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 directed otherwise by a coach during a training session).
- Coaches should liaise with each other and agree lane-use for their groups, but generally:
 - Distance runners should keep to lanes 1 and 2
 - The outside lanes should be used for warming up/ walking/jogging back (taking into account hurdle training)
- Strides are allowed on the track but must be done anti-clockwise and with consideration for other groups.
- When running always look behind you before changing lanes.
- If you see a slower athlete directly in front of you, move around them to overtake. 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 to your right. 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

- Never cross the infield – this can be dangerous. If you need to reach the other side of the track always walk around the outside.
- When taking part in throwing training or competitions, 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 warning calls from other athletes, horns or instructions from coaches.
- Correct footwear must be worn on the track. Spikes must not be longer than size 6.
- Balls are only allowed if included in a coaching session on the infield.
- Young athletes must be supervised at all times.