

October 2025

CLAPHAM PIONEERS



Health and Safety Policy & Statement

Clapham Pioneers (“the Club”) aim to provide as safe an environment as possible for the sessions we run as a club. Running is a medium risk activity, however it is everyone’s responsibility to minimise the risk of injury to themselves, other participants or member of public.

Personal Responsibility and Medical Considerations

- All participants must ensure they are medically fit to take part in Club sessions.
- Anyone with a health condition, injury, or relevant medical concern must inform the session leader prior to the start of an activity.
- Participants should seek professional medical advice if unsure about their ability to run and must not go against medical advice.
- If a participant feels unwell or injured during a session, they should stop and inform the coach or run leader immediately.

Coach and Run Leader Responsibilities

- All coaches and designated run leaders are expected to complete an appropriate UKA (UK Athletics) or Run Leader qualification and maintain relevant first aid knowledge.
- Leaders must:
 - Arrive early to prepare and assess conditions.

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- Conduct a dynamic risk assessment before and during each session.
- Adapt or cancel sessions where necessary for participant safety (e.g., due to poor weather or traffic conditions).

Risk Management and Incident Response

- The Club maintains a general risk assessment, reviewed annually or following any incident.
- In the event of an incident, the leader must:
 - Prioritise safety and administer first aid if qualified.
 - Call emergency services if needed.
 - Report the incident to the Club Committee as soon as possible.

Running Etiquette and Public Safety

- Runners must follow the Highway Code and be aware of their surroundings, especially in busy or low-light areas.
- Participants must run on pavements or designated paths unless instructed otherwise and must respect other path users at all times.
- Music via headphones is discouraged to maintain group awareness and communication.

Safeguarding and Inclusivity

- The Club operates a zero-tolerance policy on discrimination, bullying, or harassment.
- A named Welfare Officer is available for concerns relating to wellbeing, safeguarding or conduct.

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Weather and Environmental Hazards

- Sessions may be modified or cancelled in extreme conditions (e.g., ice, storms, extreme heat).
- Participants should wear suitable clothing for the weather and bring water when necessary.

COVID-19 or Future Public Health Considerations

- The Club will follow current government and England Athletics guidance on communicable diseases.
- Participants should not attend Club sessions if unwell or symptomatic.

Policy Review & Update

This policy will be reviewed and updated annually by the Committee or upon significant changes in membership needs, club structure, or relevant safeguarding guidance.

- Latest review – October 2025
- Next review – October 2026