HEALTH AND SAFETY POLICY

Ver 1.1 – Junior Membership Amendments July 2026

Finch Coasters assigns a run host to every Club Run - and while they will make every effort to keep everyone safe, the ultimate responsibility is down to each runner.

Where a Junior Member takes part in a Club Run, the Club has an enhanced duty to provide appropriate safeguarding and supervision. Every Club Run attended by one or more Junior Members must have a designated Junior Host who holds a current England Athletics Leadership in Running Fitness (LiRF) qualification.

Hosts will be familiar with the club run routes and take relevant measures to avoid hazards and help ensure the sessions are enjoyable and achievable for participants. However individual runners will need to take necessary precautions to keep themselves safe, for example when crossing roads or running on uneven surfaces.

The Junior Host will work alongside the run host and will have specific responsibility for supporting the safe participation of Junior Members during the session. The Junior Host must be identified before the run starts. A Junior Member must not take part in an organised Club Run unless a LiRF-qualified Junior Host is present for that run.

The Junior Host will ensure that the junior participation arrangements approved by the Committee are followed, including any requirements relating to age, route, distance, pace, group placement, supervision and safeguarding.

Runners should come prepared for the club runs in suitable clothing and running shoes. High viz/reflective tops are highly recommended throughout the year.

Parents or legal guardians are responsible for ensuring that Junior Members arrive appropriately dressed and equipped for the advertised conditions. The run host or Junior Host may refuse participation where clothing, footwear, lighting or other equipment is considered unsuitable or unsafe.

In the darker runs, running head or body torches are mandatory. These runs are usually from late September through to April each winter and will be advertised as ‘torch mandatory’ by run hosts. Notice will be given in advance via the Finch Coasters website/social media page. Without a torch, runners will not be permitted to run with the group. These requirements apply equally to Junior Members. No Junior Member may take part in a torch-mandatory run without the required lighting equipment.

If you have injuries or any difficulties likely to impact on your fitness to run please make the host aware. Hosts will make every effort to keep the group together and encourage participants to get the best experience from group runs.

For a Junior Member, the parent or legal guardian must inform the Club of any relevant medical condition, injury, allergy, medication, disability or other information that may affect safe participation. Relevant information must be made available to the Junior Host and/or run host on a need-to-know basis in accordance with the Club’s Privacy Notice.

The run host will always appoint a tail runner, whose job it will be to always be the last runner on the organised route. If a runner becomes inadvertently detached from others on the route, they should stop until another runner or the tail runner catches up.

Junior Members must remain within the organised group structure and must not be knowingly left isolated from the group. The Junior Host, run host and tail runner should work together to maintain appropriate oversight of Junior Members throughout the session.

A Junior Member should not leave the organised run before the end of the session unless this has been agreed with the Junior Host or run host and their parent or legal guardian.

Guidelines are in place for hosts in the event of accidents and incidents during club runs to take necessary responses. Please carry a mobile phone while running and alert the group host if during the course of the run you require assistance and/or are experiencing difficulties, or if you become aware of other group runners requiring assistance.

Any accident, injury, near miss, welfare concern or safeguarding concern involving a Junior Member must be reported promptly to the Junior Host and, where appropriate, the parent or legal guardian. Safeguarding concerns must also be referred to the Junior Welfare Officer or Club Welfare Officer in accordance with the Club’s safeguarding procedures.

Emergency contact details for each Junior Member must be available to the appropriate Club officials for the duration of the session.

Finch Coasters events, including club races, will have individual risk assessments completed by the event co-ordinator. Any Club activity approved for Junior Member participation must specifically consider risks relating to age, safeguarding, supervision, route, distance, pace, road crossings, weather, darkness, emergency arrangements and collection or handover where applicable.

Junior participation during the trial period

During the initial six-month junior trial, Junior Members will only be permitted to attend Club sessions specifically approved by the Committee for junior participation. Initially this will be the Monday 5k Club run, subject to the participation standard set by the Committee.

Every such run must have at least one designated LiRF-qualified Junior Hoster present. If no LiRF-qualified Junior Host is available, Junior Members must not take part in that Club Run.

The Committee may impose additional safety requirements, change the approved arrangements, or suspend junior participation where necessary because of weather, route conditions, darkness, safeguarding, volunteer availability, insurance, governing-body requirements or any other safety concern.

The Head of Juniors and Junior Welfare Officer will support the Committee in reviewing the safety and safeguarding arrangements throughout the trial period.