

#MileShyClub Health & Safety Policy

The #MileShyClub ("MSC") (charity no. 1183949) aims to make exercise fun and accessible for all. We recognise the risks associated with our training sessions and organised events and we are committed to managing these effectively.

1. To do so we will:

- 1.1 Prioritise safety and promote a positive safety culture within MSC.
- 1.2 Suitably and sufficiently risk assess all our planned activities.
- 1.3 Adopt all applicable, recognised good practices.
- 1.4 Review our management system periodically to keep it current.
- 1.5 Provide appropriate training to those with responsibilities related to this policy.
- 1.6 Consider our fitness, experience and medical conditions and exercise within our capabilities.
- 1.7 Plan for predictable emergency situations and take reasonable measures to mitigate these.
- 1.8 Make suitable provision with respect to welfare and first aid delivery and facilities.
- 1.9 Consider weather conditions when planning our training sessions and wear/use appropriate clothing/equipment.
- 1.10 Plan group run and walk routes along recognised rights of way to minimise the risks associated with the public and traffic.
- 1.11 Look out for the welfare of each other and members of the public.
- 1.12 Report all issues or injuries encountered during MSC activities in a transparent and timely manner.
- 1.13 Monitor our safety performance and take all reasonable measures to address identified issues.
- 1.14 Take reasonable measures to protect members' personal data.
- 1.15 Organise ourselves effectively and communicate clearly to enable the above.

MSC is conscious of its responsibilities to protect people, property, and personal data.

By attending a club session, members are signalling that they are aware of, and accept this policy, club guidance, and their duty of care to not cause harm to themselves, others, or property through their acts or omissions.

A handwritten signature in black ink, appearing to read "B. Am". The signature is fluid and cursive, with a large initial "B" and a stylized "Am" following it.

Signed:

Chair, on behalf the MSC Trustee Board

Date: 02/08/2023

Review By: August 2024