

Alexandra Harrier & Walkers Club

Health and Safety Policy

Alexandra Harrier & Walkers Club is committed to providing an enjoyable and safe environment to all participants at every event.

Alexandra Harrier & Walkers Club's responsibility:

- Ensure all participants are aware of any hazards that they can be expected to encounter while taking part during the event. (refer Hazard Identification)
- Have procedures in place that can be followed in the case of injury and illness (refer Emergency Procedures)
- Have procedures in place that can be followed in the case of a participant becoming lost or missing (refer Search and Rescue)
- Have PLB available for club members as required
- Ensure that all organisers are aware of the above procedures

Participants' responsibility:

- Listen to all notices concerning the special hazards that may be associated with the event
- Obey all instructions and warnings
- Not interfere with any plant or equipment
- Not enter any unauthorised areas or farm buildings
- Avoid disturbing livestock and keep away from all work activities
- Ensure that all gates are left as found. (A person opening a gate must remain at the gate and close it after all members of the group have passed through)
- Not allow children to wander unsupervised
- Carry a whistle at all times
- Notify the organisers of any health problems. eg diabetes, asthma, angina etc

Landowners' responsibility:

Landowners are not responsible for natural hazards, or for any risks associated with club activities on their property that cause or are a source of harm to the participants involved.

Hazard Identification

Possible Hazards at AH&WC events

- steep banks, cliffs
- barbed wire fences: take care when crossing.
- electric fences.
- slippery, muddy underfoot conditions on grassland
- wind chill on exposed sections
- stinging nettle, gorse, matagouri, briar, thistles, hemlock
- potential for wasp or bee nests
- rough, rocky ground
- Sudden changes in the weather
- overgrown derelict building debris, eg: bricks or concrete hidden in grass
- derelict farming debris, eg: dilapidated fences potentially partially overgrown

Keep to the side of roads, face oncoming traffic and watch out for vehicles.

Please Note: It is the participants responsibility to:

- Listen to all notices concerning the special hazards that may be associated with the event
- Obey all instructions and warnings
- Not interfere with any plant or equipment
- Not enter any unauthorised areas, residential properties or farm buildings
- Not allow children to wander unsupervised
- Carry a whistle at all times
- Notify the organisers of any health problems. eg diabetes, asthma, angina etc
- Dress responsibly, according to prevailing weather conditions
- Check in at the finish even if you do not complete the walk/run
- Advise someone, preferably the President or Club Captain if your expected return time is more than 15 minutes after the advertised return time
- Take PLB on activities where cell phone reception may not be available at all times

Landowners are not responsible for natural hazards, or for any risks associated with club activities on their property that cause or are a source of harm to the participants involved.

AH&WC members are expected to be familiar with the above hazards and responsibilities and agree to entirely take part at their own risk.

Emergency Procedures

- In the event of a participant being injured, a contact message should be sent by any safe, practical means to the President, Club Captain or a Committee Member.
- There may be situations where there is no cell phone reception. The group will then decide on the safest method to relay the message.
- The President, Club Captain or a Committee Member is to be in overall charge and is to ascertain the extent of injuries and location of injured person.
- Minor injuries are to be treated with the first aid kit.
- For major injuries the injured person is to be kept warm but not moved until checked by a first aid qualified person, preferably a doctor. This person will decide the course of treatment.

Alexandra Harrier & Walkers Club SAR (Search and Rescue) Procedures

The Search

[A] When to start action:

Consider: (not necessarily in this order)

- (a) prevailing weather
 - cold combination of any 2 leads to
 - wet rapid onset of HYPOTHERMIA
 - wind
 - heat dehydration and/or sunstroke
- (b) age of person
- (c) fitness level of person
- (d) experience of person
- (a) any known/perceived medical condition
- (f) how long has the person been out beyond the stated finishing time
- (g) clothing the person is wearing (anorak, polypropylene/geothermals/woollen top, gloves, hat, etc.)
- (h) is the person carrying a watch/whistle?
- (i) daylight remaining
- (j) check the person is actually missing (see section E)

[B] Organising members to carry out a sweep of the area

Organised jointly by President, Club Captain and Committee Members present

- (a) narrow the search area by asking if anyone has seen the person while they were walking/running
- (b) contact search - reverse direction of course along the likely corridor. Make lots of noise: call out their name, then all listen.

Consider the person may:

- (i) be injured
 - conscious - able to respond to voice/whistle
 - unconscious or dead - must be physically found so check bottoms of cliffs, streams etc.
- (ii) have been distracted, then become disorientated

[C] Who to Contact?

- (a) Police - if initial search fails, a body is found, or insufficient manpower or daylight left. It takes 2+ hours to get a Police search organised
 - may not be able to mount a full search until the next day.
- (b) Next of kin - if not at the event, they should be notified at the same time the Police are contacted

[D] Police Queries:

The persons in charge of the search and next of kin should be available for any queries

[E] Are you sure the person is lost?

- (a) have they reported in at the finish
- (b) is their car still at the event
- (c) have other members of the car/family seen the missing person

Participants can help avoiding a search by:

- (a) always checking in at the finish
- (b) carrying a whistle
- (c) wearing a watch
- (d) wearing adequate clothing for the weather
- (e) not panicking if you become lost
- (f) ensuring proper use of medication (e.g. inhaler, angina pills, barley sugar-type lollies for diabetics etc.)
- (g) having an adequate intake of liquid while participating
- (h) not competing if feeling ill

The Rescue

Once the missing person is found the Search Controller must be informed immediately so they can:

- (a) Arrange evacuation of the found person. A person suffering from severe hypothermia must not be walked out.
- (b) Recall other search teams - If the person is dead, apart from attempting CPR, the body should be left where and how it was found and the Police notified.