GROUP RUNNING GUIDELINES

1. These guidelines are designed to maximise the safety and enjoyment of all runners on club runs, whether on a Tuesday, Thursday, Sunday morning or any other time.

2. Club runs are training sessions, not races. It is good training practice to run below your fastest speed. Whilst it is great to do fast times and segment personal bests, this is not the main purpose of club runs.

3. We run as a group to encourage one another – particularly new or slower runners - and to enjoy the social side and conversation. This is best achieved by keeping the group together and allowing slower runners to take turns at running at the front.

4. Some runners may be less experienced, less athletic, less healthy, or older than you are. It can be demoralising to be consistently at the back of the group for whatever reason.

Guidelines for all runners

- Take responsibility for being fit, warmed up and suitably dressed (for the temperature and in case of rain).

- Wear reflective clothing in the dark, and wear lights if you have them (front and back).

- Do not wear headphones which prevent you from hearing traffic, the run leader or other runners.

- Look to place yourself in the appropriate group based on your ability, fitness, and the type of training you want to do on that occasion (easy, medium, or stretch).

- Try another group if you are consistently ahead or behind in your usual group, or simply want to try running faster, or take an easier run.

- Do not run if you are ill or injured. Those recovering from injury should do so after medical advice and join an easier group than usual. Inform the run leader of any illness or injury concerns you are aware of.

- Stay within close contact of all other members unless a split has been agreed with the run leader.

- Warn other runners around you of any impending hazards (obstacles, traffic, bikes, holes, animals etc)

- Ideally you should be running at a pace where it is possible to talk.

- Move between the front, middle and back of the group wherever possible. It is good to switch and run alongside runners who are slower or faster than you are.

- Look out for, and encourage, the other runners within your group, particularly new participants, those who are falling back or consistently at the back. This will require looking behind occasionally.

- If you are struggling, or feeling unwell, inform the run leader so they can take appropriate action.

- Notify the run leader if you are stopping or leaving the run for whatever reason (or if that's not possible, another member of the group)

Guidelines for Run leaders

- Run leaders must have read and follow the club health and safety and safeguarding policies at all times.

- Runs need to be achievable for all runners within the group. The pace and distance of the run should be determined by the slower runners in the group and announced before the start.

- Have a route planned in advance – using pavements and footpaths which are safe and well-lit and avoiding busy roads, wherever possible. Plan routes that take account of forecast weather and or seasonal conditions.

- Ensure you, or someone within the group, has a fully charged mobile phone, with access to the emergency contact details.

- Ideally have a qualified first aider in your group and know who this is. A list of first aiders will be kept on our website.

- Note the number of runners at the start and finish, keep a count as you go round, and do not leave anyone behind for any reason.

- When it is dark, make sure everyone has light coloured and or reflective / high viz clothing and or lights, with at least one person with lights positioned at the front and rear of the group.

- Lead the group, keeping to the advertised distance and pace, but slowing down if necessary to keep the group together. Leading a group does not mean being in front. Leading from the back enables you to see everyone and ensures nobody lags too far behind.

- Ensure that the group doubles back ("gathers up") periodically to keep the group together. Consider using techniques like snaking or loops that keep the group together whilst allowing intervals of different pace.

- If the whole group stops, make sure everyone is ready to move on before doing so.

- If the group is becoming unmanageable due to a wide range of abilities, consider splitting the group into two asking another experienced runner to lead one of the sub-groups.

- If a runner is unable or unwilling to continue, ensure that someone escorts them back to where they need to go.

- If a runner collapses or there is a traffic collision call 999 immediately.

- If any of the group are not members, they should have signed up as guests for the evening and run leaders should check their details and any relevant health information.

Emergency contact numbers for all club members may be obtained from :-

Dave Bottomley : 07879 433290

Bob Haskins : 07814 035289

Dave Hattersley : 07773 432892|