

Guidelines for Health and Safety while road running on club nights

- All club members must take personal responsibility for their own safety
- It is recommended that one person in each group carries a mobile phone
- All club members declare themselves to be medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury. Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address and emergency phone number contact. Voluntary disclosure of medical conditions shall be the responsibility of the individual club member.
- When running in the dark runners should wear reflective/fluorescent gear
- When running in a group runners should be aware of potential hazards and try if possible to make others aware of them
- Runners should be vigilant at all times with regards to other users of the roads, cycle-tracks and pavements. Particular care should be taken when crossing roads, especially in the dark.
- MP3 players should not be used.
- If anyone decides to leave the group while on a run, they **MUST** tell someone in the group.
- Any incident of a serious nature should be followed up as described in the Club's Health and Safety Policy.

Approved 04/10/2012
Durham City Harriers Full Committee