****

**Road Running - Group Management -Safety Issues and Emergency procedures**

*(The following applies to formal group sessions run by Durham City Harriers on club nights.)*

**Runners**

* All club members must take personal responsibility for their own safety.
* 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 shall wear a reflective/fluorescent top of some sort – some reflective bibs will be available to borrow for a session if anybody forgets to bring one.
* Headphones shall not be worn.
* Runners should be vigilant at all times with regards to other users of the roads, cycle-tracks, footpaths and pavements. Particular care should be taken when crossing roads and at all junctions. Runners should not step off a pavement without checking for vehicles and cyclists. Runners should not simply ‘follow the crowd’ – they must be aware of their own surroundings and situation. The Highway Code should be followed.
* When running in a group runners should be aware of potential hazards and try and warn others of them. If possible runners should try and keep a look out for others within the group to ensure nobody goes missing/is unable to keep up for whatever reason.
* If anyone leaves a group while on a run they **must** tell someone in the group before they do so.
* Runners should try and look at the route for ‘Run Outs’ which are posted in advance on the Senior Endurance webpage
* Runners should be particularly careful about using the pedestrian crossing immediately outside the Graham Sports Centre especially when it is dark. Similarly the route up to Whinney Hill Roundabout should be approached with care when it is dark and the number of student pedestrians is very large. Runners should not run on the road through the cutting to avoid the high path which can be busy. Instead the route up to Whinney Hill should be seen as part of the ‘warm up’ and the session should not begin till the roundabout has been reached.

**Pre Run Briefing (before a Run Out)**

* The pre-run briefing should be used to try and identify a Leader for each group for the session if it has not been possible to arrange this previously.
* The pre-run briefing should be used to describe the evening’s session (length, route, efforts, type of session). Runners should select an appropriate ability group to run with – first time runners should be helped to make the right choice and err on the side of caution.
* If any group is large then a ‘sweeper’ should be named for the session to help the Leader of that group.
* Leaders should appoint a ‘run buddy’ to look after any new or inexperienced runners.
* Leaders should head count at the start, at selected gather points and at the finish to check no-one goes missing.
* Leaders should be familiar with the route run.
* A mobile phone should be carried by each group (Leader should check to see there is one if he/she has not got one).

**Routes**

* Routes should be familiar to the Leader of each group.
* On dark evenings routes used should have street lighting and pavements/paths.
* A variety of routes should be available to allow for different abilitity groups.
* Sessions should be posted in advance on the website and noticeboard. Details of distance, efforts, type of session should be included.

**Illness/Injury during a session**

* If the injury/illness is serious then the emergency services should be contacted.
* First aid only to be given by someone currently qualified.
* Injured/ill runners should never be left alone and appropriate action taken (see below)
* If the injury/illness is not serious and the runner can make it back to Maiden Castle then they should be escorted by another runner.
* If the injury/illness is not serious but the runner cannot make it back to base then the injured person’s emergency contact should be rung. If nobody is available then Maiden Castle should be phoned and somebody from DCH contacted to try and arrange for an emergency lift to be sorted. (Maiden Castle is 01913342178)
* An incident form should be completed after any accident or near miss.