

Eccleshill Road Runners

Member Safety for training runs

Members:

1. Members should familiarise themselves with the route(s) for the session. This will be on the website in advance & explained at the commencement of the session. Normally, there will be a print-out of the route available at the commencement of the run.
2. An item of high visibility must be worn for the duration of the run. This could include a flashing arm band, fluorescent strips on clothing and / or fluorescent coloured tops.
3. If not intending to return to base after the run, let the session leader know before the session starts.
4. If unsure of the route whilst out running, wait for the sweeper / leader to direct you.
5. If you are completely lost, try to make your way back to the base & check back in with the session leader. If you don't turn up back at base after a reasonable time, the leader will contact your nominated person & will probably drive the route to look for you.
6. If you become injured whilst out running, tell someone, preferably the session leader, who will support you back to the base. We cannot guarantee having a qualified first aider out on every run. A first aid kit is available at UCC.

Session Leaders:

1. Ensure the register is completed before you set off & check if anyone doesn't intend to return to base.
2. Check generally for clothing suitability & notify anyone not safely dressed. Provide flashing arm bands etc where possible.
3. Describe the route & check members are familiar with this before you set off.
4. Identify the sweeper runner.
5. Check everyone back & update the register.
6. If someone is unaccounted for at the end, contact the member's nominated person. This information is kept in the ERR locked filing cabinet at UCC. The following people hold keys to the filing cabinet:
Helen Freeman
Julie Steele
Janice Magennis
Alternatively, Gill Jones has the contact details stored on her mobile.

Consideration should be given to retracing the route by car.

Continue to oversee the situation until the runner is found, staying in touch with the nominated person.