

# Eccleshill Road Runners

## Member Safety for training runs

### Session Leaders – general tasks every training session:

Ensure you have a mobile for the duration of the session & check you have the mobile numbers of all other leaders stored on this phone.

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 needed.
3. Always describe the route & check members are familiar with this before you set off. Check who is doing which route & that at any group running without a leader has only members who are able to do that run and that this group knows the route.
4. Your focus must always be on the last runner. You must maintain an awareness of this person and run with or around this person, not losing sight of them if they are on their own. Where two runners are running together at the rear, always check they are staying together if you are not running with them.

### In the event of an injury / incident:

1. Have a general awareness of medical conditions of members (this is provided on the emergency contact list you have been provided). Please note this is v personal information & not for sharing.
2. Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
2. Listen to what the injured person is saying.
3. A first aid kit is kept at base (Julie Steele will have a kit in her boot, for summer training).
4. Deal with the rest of the group and ensure that they are supervised.
6. In the event of an injury requiring specialist treatment, call the emergency services.
7. Do not move someone with major injuries, wait for the emergency medics.
8. Complete the accident book, as directed by the Club secretary.

### In the event of a runner 'disappearing' during a session:

Notes:

- All members have been asked to notify the session leader if they are not returning to base at the end.
- If someone is unaccounted for at the end, you will assume overall responsibility for the situation, up to the point when the person is located.

If it becomes clear they really are missing:

1. Establish the location that someone last saw them.
2. Depending where this is, consider retracing the route by car, where possible, or on foot. Ensure someone remains at the base in the event of them re-appearing.

2. After a reasonable period, contact the member's nominated person to see if they have returned/phoned home. This information will be given to all leaders (hard copy). Please keep this information confidential, but readily available. If you do not have this to hand when needed, call other leaders until you have this information.
3. If the runner has not returned after a significant period and has not returned home, the route must be retraced.
4. If the above fails to locate the runner, phone the police on **0845 6060606** (24 hours a day, 7 days a week for non-emergencies where police attendance is required). Maintain contact with the nominated person throughout this stage.

Updated: Sept 2019