



Bedale & Aiskew Runners - Tail Runner's

Duties & Responsibilities

You are responsible for the overall safety of the group and are to act as a point of contact if there is a problem.

Remember the Committee, CiRF's and LiRF's are there for support.

Duties

1. Stay at the back and sweep group members up if needed.
2. Initiate any emergency response to an incident if not already started.
3. Stay with any runner that has had to stop until help arrives.
4. If a runner decides to cut short the route and return to the club*, ensure they know how to get back before leaving them.
5. On return to the club*, check the register to ensure that all your group have signed back in.
6. If a group member has not signed in, endeavour to find out when they were last seen. If no response from other club members, inform a committee member so that they can instigate the "missing runner procedure".
7. Inform the Health & Safety Representative, or any committee member if they are not present, of any incidents that need to be recorded.

Responsibilities

- A. Ensure you know how many are in the running group, (know their names if possible).
- B. Confirm that the group know the route.
- C. Confirm that all the group feel fit for the distance.
- D. Ensure you have a means of calling for help with you.
- E. Confirm that the group know what to do if they have a problem.
- F. Remind them to sign back in on return.

Responsibilities of the Club Members during any running session:

1. Be appropriately dressed for the prevailing conditions.
2. Be fit enough to take on the distance you are doing.
3. Inform your group tail runner if you have any injury etc. that may cause an issue during the session.
4. Know the route directions.

5. If you get ahead of the tail runner and are not sure of the route, stop and wait for them to catch up or join up with other runners who know the route.
6. Render assistance to any runner who requires it.
7. Sign back in on return to the club*.

*For Club, read any location that is being used as the focal point for that day or evening meeting/event.

Missing runner procedure

Ask a Committee member to help;

- A. Check the route
- B. Contact the athlete by phone
- C. Contact the athlete's next of kin