



Bedale & Aiskew Runners Health and Safety Induction

1. Visibility and Gear

All Runners should ensure that they are always visible to other road users, when running on the road.

When running on the darker days and evenings, or in adverse weather conditions (which are defined for this purpose as low level light, dark nights or wet weather) all runners should wear hi-vis reflective clothing. This is mandatory in winter months (October to March inclusive), when running in the dark, or for the duration of a run, which may take you into the dark.

For your personal safety we also recommend wearing a fully charged head or chest torch which preferably will incorporate a rear facing red light when running in the dark or in adverse weather conditions.

On Club social runs, there will always be a designated tail runner during the run who will be identified to the group before setting off by a hi-vis running vest with "Tail Runner" printed on the back.

If you are running on your own these simple steps will help to ensure your personal safety.

2. Awareness and Technology

When running in a group or on your own it is important that you are aware of your surroundings and what is going on; e.g. traffic on the road or a fellow runner in need of help, so wearing of headphones is actively discouraged on club social runs and on interval sessions to facilitate conversation, to hear any instructions, and to ensure that you can hear what is going on around you on the road.

3. Road and Path Safety

Make sure that the group runs facing on-coming traffic, other than where it is safer to run around the outside of a bend or over a blind crest for greater overall visibility.

Where the footpath is narrow, please run in single file until it is safe to do otherwise.

Where you are running in a group on the road, remember as a road user you should obey the Highway Code, make sure you are aware of the section relevant to you; if you hear a vehicle coming shout an alert to others in groups around you.

In crowded or otherwise busy areas, please be courteous and give way to other pedestrians. Pay attention to those with dogs, pushchairs, and elderly people walking.

Other animals may also present potential hazards when running. If you encounter a horse and rider, slow down to a walk until you are safely past. When trail running, should you encounter cows in a field, slow the pace, keep moving and pick the pace back up when it is safe to do so.

When running on the road be aware of traffic. Try to cross the road at designated crossing points, and do not just follow the runner in front of you across the road. It is your responsibility to be sure that it is safe to cross.

On darker evenings please ensure that you are visible to other road users. Wear bright colours, hi-vis and lighting when appropriate. Please ensure that your lights are fully charged or have sufficient battery power to last the duration of the run.

If, in the opinion of the run leader you do not have adequate hi-vis or lighting, you may be requested not to join the Club run unless adequate levels of equipment are provided.

4. Planning and Personal Security

Before you go out on a Club run, make sure that you know the route you have chosen. Do not just rely on "following the person in front". They may not know either!

Either download the GPX file or make sure you have a copy of the map of the route on your phone with you.

Make sure that your phone, and your lights when needed are fully charged before you start.

Make sure that you have any necessary medication with you and that other runners are aware of any medical issues you may have and how to deal with them in the event of an emergency.

On non-club days when you go out on your own, please make sure that someone knows the route you have taken and approximately how long you expect to be out.

Make sure you have a fully charged phone, download the "What3Words" app, in the event of an emergency, you can identify your precise location to the emergency services. This is particularly important if you are trail running.

5. Health and Physical Safety

It is your responsibility to ensure the following:

- That you know the route the group is running. It is not sufficient, to rely on following the person in front of you. A GPX file is available for you to download, learn how this is done, or ensure you have a copy of the map of the route on your phone.
- Make sure you have a fully charged phone with you on the run
- Be certain that you are fit enough to run the distance you have chosen
- That you are wearing appropriate clothing for the weather conditions, and that you have appropriate footwear for the route you are running
- Bring any relevant medication e.g. inhalers with you.
- If you have any allergies or a known medical condition e.g. diabetes, make sure someone in the group know this and can deal with an emergency.
- The club tag line is "every runner matters". Therefore, as well as looking after your own safety and wellbeing, please also look out for fellow club members; on social runs please make sure that no one is running on their own, especially on dark nights even if that compromises your own aspiration.
- If you are in difficulty on the run, please notify the Run Leader or Tail Runner. If you intend to abort the run and take the shortest route back to the start, if you are unwell make sure you are accompanied.
- If you are proposing to do a long run on a non-club day, make sure you have sufficient fuel and drink for hydration, and carry a foil blanket (if you are injured, you will lose heat very quickly).

6. After the run

When you have completed the run, remember to:

- Complete a proper cool down, keep moving while lowering your heart rate.
- To stretch appropriately for you.
- To sign back in so that the Club can account for all runners

By following these simple guidelines everyone can have an enjoyable time safely and sensibly.

7. BAR Safety Number

In the event of an emergency on a BAR social run (Wednesday night) the BAR contact number is: **07598 611182**