



## **HEALTH AND SAFETY POLICY**

Brentwood Running Club is committed to complying with the welfare and health and safety policies directed by England Athletics and government legislation, to ensure we provide a safe environment for our members.

The following guidance is aimed at all members of the club, it is however, particularly relevant to new members and aims to provide all runners with tips on safer running when on club runs.

### **General**

A group briefing will always take place before the start of any session to explain who the group leaders are, the route, stopping/meeting points and any safety aspects.

When running with a group, all members of the group should start and finish together, if you need to finish early let the group leaders know you are leaving.

Faster runners please remember to regularly run to the back of your group for the slower runners or when directed by the leaders.

Runners wanting a more challenging run should try the next group up, you will get more from the session if you train with the correct group for your ability.

### **Road Running**

Always take instructions from the group Coach or Leader.

Headphones should not be worn during a run.

Runners should wear bright clothing so they can easily be seen.

Where possible busy road and those with no pavements should be avoided.

Runners should stay alert and be aware of their surroundings.

When crossing roads runners must always stop and wait for traffic to pass.

Runners should always be considerate of other road/pavement users especially the elderly and young children.

If you find yourself ahead of the group, please 'loop back' and join the rear of the group. Most conveniently, and logically, this is best achieved at junctions in roads or paths. Looping back ensures the group stays together and means everyone in the group is getting the best from their run.

## **Off Road Running**

Always take instructions from the Coach or Group Leader.

Off the road, a rough surface can present a problem as well as the weather, distance from road, other users including farm animals.

At least one in the group to carry a mobile phone in case of emergency.

Wear trail shoes where possible to reduce the risk of slipping.

Pay particular attention to the surface you are running on look out for tripping hazards such as tree roots, large stones, uneven and slippery paths, overhanging branches and overgrown vegetation.

Always adhere to The Countryside Code and shut all gates etc.

## **Running at Night**

Runners should wear bright, reflective clothing so they can easily be seen by drivers of vehicles.

At night runs should take place in lighted areas, wherever possible busy roads and those with no pavements should be avoided.

Be more aware of where you are putting your feet as hazards are not always easily spotted, such as slipping/tripping hazards, trees, roots, uneven pavements and other runners.

Wear a chest light in poorly lit areas which will light up both you and your path.

## **Hot Weather**

Running in the heat poses all sort of problems dehydration being the main one. Signs of dehydration are persistent elevated pulse rate after finishing your run, and dark yellow urine. Thirst alone is not an adequate sign of dehydration.

When running if you become dizzy, nauseated, have dry skin or the chills... **STOP** running and try to get a drink. If you feel no better, then seek medical help.

## **Cold Weather**

Ensure you wear the appropriate clothing to suit the conditions.

Try to wear a hat and gloves as these parts of the body play an important role in the regulation of body temperature. However, runners should avoid wearing too many layers of clothing as your body temperature will rise once you start running.

Be particularly careful when running in snowy, icy conditions and avoid running on open roads.