

Running Forever Running Club

Guidelines for Group Running

Introduction

Whilst each club member is responsible for their own safety, the club has a duty of care towards our members and the general public as laid out in the Health and Safety Policy and associated Risk Assessment. These are available on the club website.

<https://runningforever.club/policies/>

Our group leaders are all volunteers whose role is to guide a group of up to fourteen members around a pre-planned route as safely as possible. Members are requested to support them as they do this.

Group Runs

Runs are usually arranged a few days in advance. Formal sessions are held on Monday evenings (a coached session led by one of the club's EA qualified coaches, utilising the Castle School track on every other Monday), Tuesday evenings (a one hour trail run from various locations around Taunton), Wednesday evenings (the main club night with ten running groups organised by pace band running for one hour mostly on road plus a walking group) and on Saturdays and/or Sundays (any distance road or trail from various locations). In the summer there are occasional 'social' runs on Thursday or Friday evenings.

Wednesday runs start from Belvedere Road Car Park between October & March. During the summer months they meet at various locations on the outskirts of Taunton to allow for a greater variety of routes.

Belvedere Road Car Park continues to be the meeting point on the first Wednesday of each month. Every two months a 'move up' session is held and members are encouraged to try out a faster group.

All formal club runs are now booked online using the RunTogether website or Runner app. This ensures that the club has a record of who is running in case of any incident. Regular leaders have access to the RunTogether Leader app which has details of who has signed up for

their run; this also contains emergency contact details. Members are asked to ensure their RunTogether profile is kept up to date.

Weather Conditions

Members should expect to have to cope with the usual British weather, equipping themselves with wind/rain jackets, gloves, hats, sun cream, water etc. as necessary. However there will be occasions, usually when there is a Met Office weather warning, that the club may need to cancel a formal session. In this event the Club Captain will carry out an assessment and make a decision on whether runs should go ahead, in consultation with the committee. If a session is cancelled every effort will be made to inform booked runners via email, message and facebook. If there is a RED weather warning it is mandatory that club runs are cancelled.

Guidelines for Group Running

Members joining runs must adhere to the following guidelines, these are designed to ensure the safety of both club members and the public. The emphasis is on personal responsibility, however If you have any concerns during a run, speak to the group leader in the first instance.

- Do not turn up for a club run unless you have booked on to it using the RunTogether Runner app or website
- If you know you can no longer attend a run, cancel your booking as soon as possible using the link contained in the confirmation email from RunTogether or using the Runner app.
- Do not run if you have respiratory virus symptoms or are feeling unwell in any way.
- Do not run if you have been in close contact with someone who has tested positive for Coronavirus and has been advised to self-isolate.
- 'No one gets left behind' will be achieved by looping. If you are at the front of the group check that everyone is keeping up. If you are at the back and getting left behind shout 'loop'.

- Keep a reasonable distance from any member of the public. If this is impossible (say on a narrow footpath) stop and endeavour to move away. Shout 'keep left' or 'keep right' if you are the first to notice another person.
- When running on country lanes without pavements and a vehicle approaches, move to the left hand side of the road and stop if necessary. Shout 'car' or 'bike' if you are the first to notice a vehicle.
- When crossing busy roads ensure the group is together and use pedestrian crossings if possible.
- When running on trails, if you are the first person to reach a gate, hold it open for the rest of the group to pass through.
- Do not run with any form of music player or earphones.
- For Wednesday club sessions in winter ensure you wear hi-viz clothing.
- Wear hi-viz clothing if you are likely to be running on country lanes, especially at dusk.
- When trail running at night ensure you wear reflective clothing and a head or chest torch.
- When trail running ensure you are equipped with shoes, clothing, water and food for the expected conditions and length of run.
- In all cases be aware of the other runners in the group and inform the group leader if anyone appears to be struggling.