

Safety Guidance

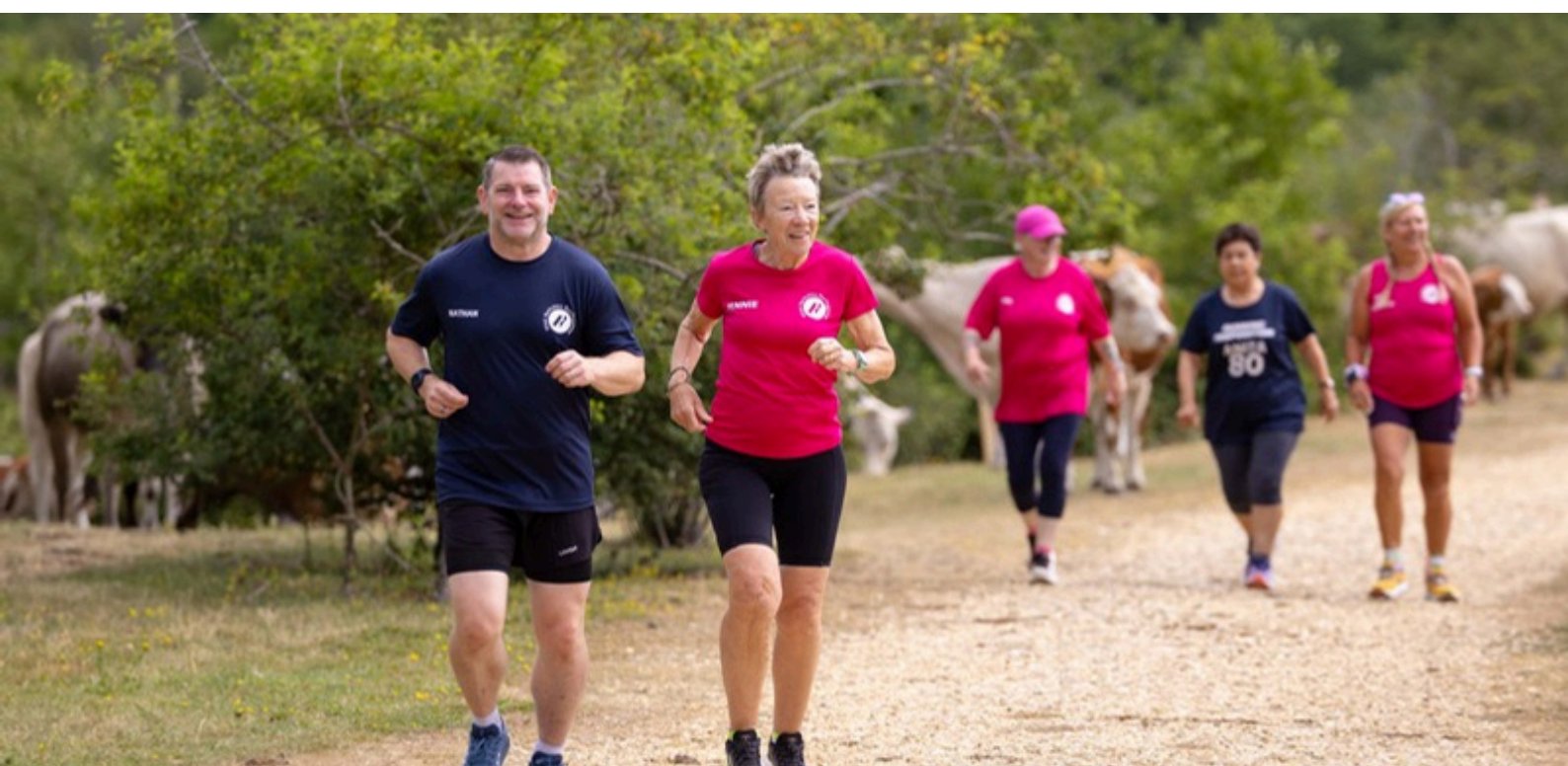
The following section provides guidance on safe practices for RunTogether Groups and covers the main safety protocols that should be followed in the planning and delivery of RunTogether sessions.

Whilst the safety guidance is comprehensive, it is important to note that it is impossible to cover every scenario and, as a responsible Run Leader, it is vital that you always use your best judgement to ensure that the locations where RunTogether sessions take place are safe before any session commences.

General Guidance

- Conduct and document risk assessments and choose appropriate running routes that are well lit wherever possible.
- Do not plan your routes across private land or along busy or dangerous paths or roads.
- Ensure that you have a qualified first aider at every session.*
- Ensure that all activities are appropriate to the age, ability and experience of those taking part and fall within the remit of your qualification.
- Where possible, ensure a ratio of one Run Leader to every 12 participants.
- Carry a fully charged mobile phone with you for every session in case of emergencies.
- Display full details of your group on the RunTogether website and keep this up to date so that participants can sign up to sessions online.

*We require RunTogether Leaders to hold a relevant First aid qualification within the first year of operating as a RunTogether Group.



Pre Session

- Ensure all runners 'sign in' upon arrival.
- Before you start the run introduce yourself to the group and briefly explain the session that they are about to undertake. Explain what you expect from them and what they can expect from you.
- Always ask whether anyone is new to the group and/or is feeling unwell, carrying an injury or has any long term medical condition which may be affected by running.
- If any runners have medical problems they should be encouraged to carry "In Case of Emergency" (ICE) identification, plus details of any medical conditions.
- Check that all participants have appropriate running shoes and suitable clothing –e.g. high visibility wear during darker evenings.
- Begin every session with a gentle warm up of at least 5-10 minutes, and then bring the group up to the desired running pace.

During the session

- Place the welfare and safety of the group above the development of performance.
- Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast. Be particularly aware of slower runners or new runners to the group.
- Ensure the faster runners understand that if they go ahead of the main running group then they should loop back to the main group at regular intervals.
- Do not always lead the group from the front. Be aware of the whole group and remember to look out for all runners from the front to the back.
- Do not allow large groups. If it is felt that the group is too large, then Run Leaders and participants should look to split into two separate groups. With larger groups a second runner should be nominated as an assistant group leader.
- Appoint a designated tail runner, whenever possible, if you are leading from the front. This may be another Run Leader or an appointed group member.
- Under no circumstances should injured or unwell runners leave the session alone. Always get either a Run Leader or a competent participant to accompany them.

After the session

Ensure a 5-10 minute cool down and stretching session takes place at the end of the session.

If an accident/incident or near miss has occurred during a session you are required to complete a UKA Accident/Incident or Near Miss form, which can be found [here](#).

Insurance cover for Run Leaders

Please visit the following link which explains the insurance cover provided for qualified Run Leaders: www.britishathletics.org.uk/governance/insurance