

Netley Abbey Runners | SAFE RUNNING GUIDE

If you would like to join us on one of our runs please take a moment to read through our Safe Running Guide.

Netley Abbey Runners is an affiliated running club with **UK Athletics**. We currently have five **Run Leaders** (Ria, Stuart, Chris, Alex and Nick) who hold current **UKA Leadership in Running Fitness** licences and have undertaken to work according to the terms of that licence. All group runs with the **Run Leaders** receive the benefit of UKA public liability insurance (details of cover provided can be found at www.uka.org.uk/governance/insurance). Club members can ask to see their **Run Leader's** licence to confirm that it is current and valid.

Our **Run Leaders** will take the group through a pre-run safety briefing to explain the route, the speed of the run, the hazards and the safety procedures. There will also be a pre-run warm up and post-run stretches. Although the group will be covered by the **Run Leader's** insurance on all official runs, you must take sensible precautions to reduce risk. To keep yourself and other runners in the group safe we ask that you understand the following:

- 1) Listen to the **Run Leader's** pre-run briefing.
- 2) Notify the **Run Leader** of any illness or injury you may have, if you are not well enough to run you might be sent home.
- 3) Give the **Run Leader** your emergency contact number (ICE) if they do not have it.
- 4) Run at a pace you are comfortable with, it isn't a race.
- 5) If running at night please wear hi-viz, reflective clothing (avoid all-black) and a head torch.
- 6) Wear suitable running shoes for the terrain.
- 7) Bring a water bottle with you.
- 8) If you are running with a dog it must be well-trained, used to running in groups and kept on a **short lead** at all times.
- 9) Be aware of obstacles while running; this can range from roadside kerbs to tree roots to local wildlife.
- 10) If you are feeling unwell, dizzy or faint during a run let someone know and stop.
- 11) If you see someone struggling, falling over or looking unwell please stop to help them.
- 12) If you are not planning on running to the planned finish point, please let someone know before you disappear.
- 13) Do not leave anyone behind, the last runner should always be a **Run Leader**.

By following the above points we can provide you with as safe a running environment as possible, however accidents do happen so we ask that you keep an eye out for your own, and others' safety. The emphasis is on a fun, friendly run. Children under 12 are welcome on our Social Runs if accompanied by a parent or guardian, as long as they can comfortably run 5k in 35 minutes. There will always be a **Run Leader** at the back of the group so please do not worry about being 'too slow', we want you to enjoy your run at whatever speed you are comfortable with; **everyone matters!**

Updated on 30 October 2016