

## Safety Brief for Off-Road Social Run Session.

Take account of general weather conditions. If deemed to be hazardous cancel run.

### Grouping

- Runners should be pre-booked onto the group run (normally one group as social run at the speed of slowest runner).
- If required, coach/leader will organise runners into groups according to ability.
- Register of attendance taken by coach/leader and checked against list of booked participants. Register retained by coach for COVID records (in case needed by NHS test and trace)
- Runners must be on time with minimal waiting, ready for a prompt start.

### Prior to session

Safety brief by Coach.

This to include:-

- no injuries/illnesses
- Confirm that no-one has had contact with anyone with COVID symptoms.
- route to be taken
- distance
- expected running time
- likely hazards that could be en route and how to avoid them, including trip and slip hazards.
- likely risks associated with running with dogs, split group if needed.
- nominated group leaders
- no use of earphones as this renders user unable to hear directions/warnings etc
- run discipline (see below in 'during run')
- dark evenings and night runs - **safety bibs and lights/headtorches – no bib and lights/headtorches - no run!**
- adequate and serviceable clothing/off-road footwear for conditions

### During run

- Social distancing is still recommended. Remain minimum of 2m apart and be aware of the aerosol effect
- .....consider other users – it's their space too!! Actively avoid pedestrians, (give way/swerve) give them plenty of space and move past them as quickly as possible.
- if running on road with no pavement, always face traffic in single file
- cross roads at correct places or when told to do so by coach or group leader
- be aware of traffic from side roads
- make sure there are plenty of stops to re-group.
- Leader should ensure they keep track of all participants, by deploying a person to become the back marker. On difficult terrain split into different paced groups with group leaders and back markers and re-group later.
- Leaders to carry first aid pack for any minor injuries from trips and falls.
- Should serious medical injury occur an ambulance will be called via mobile phone, flagging down a car or going to the nearest house. If needed send someone to nearest defibrillator station (check via [www.defibfinder.uk](http://www.defibfinder.uk)). Leaders to carry first aid and space blankets to keep injured person warm if necessary. Leaders to have mobile phone. Use face mask and gloves/hand sanitiser for any first aid.

### After run

- To avoid injury, always gently stretch as part of cool down.
- Keep warm, body temperature drops quickly on cessation of exercise.