



Safety Brief for Club Tuesday Night Run Session in and around Chester from Lime Wood Fields.

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

Grouping

- Runners should be pre-booked onto the session.
- 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
- 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 - **safety bibs and lights – no bib and lights - no run!**
- adequate and serviceable clothing/footwear for conditions

During run

- Social distancing is still recommended. Remain minimum of 2m apart and be aware of the aerosol effect
- run on pavement wherever possible, not in a pack....
-consider pedestrians – it's their pavement too!! Actively avoid pedestrians, (give way/swerve) give them plenty of space and move past them as quickly as possible.
- avoid dark areas
- 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
- Leader should ensure they keep track of all participants, if necessary by deploying a person to become the back marker
- Hard efforts should only be conducted where route is safe and certainly not across junctions
- 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). 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.