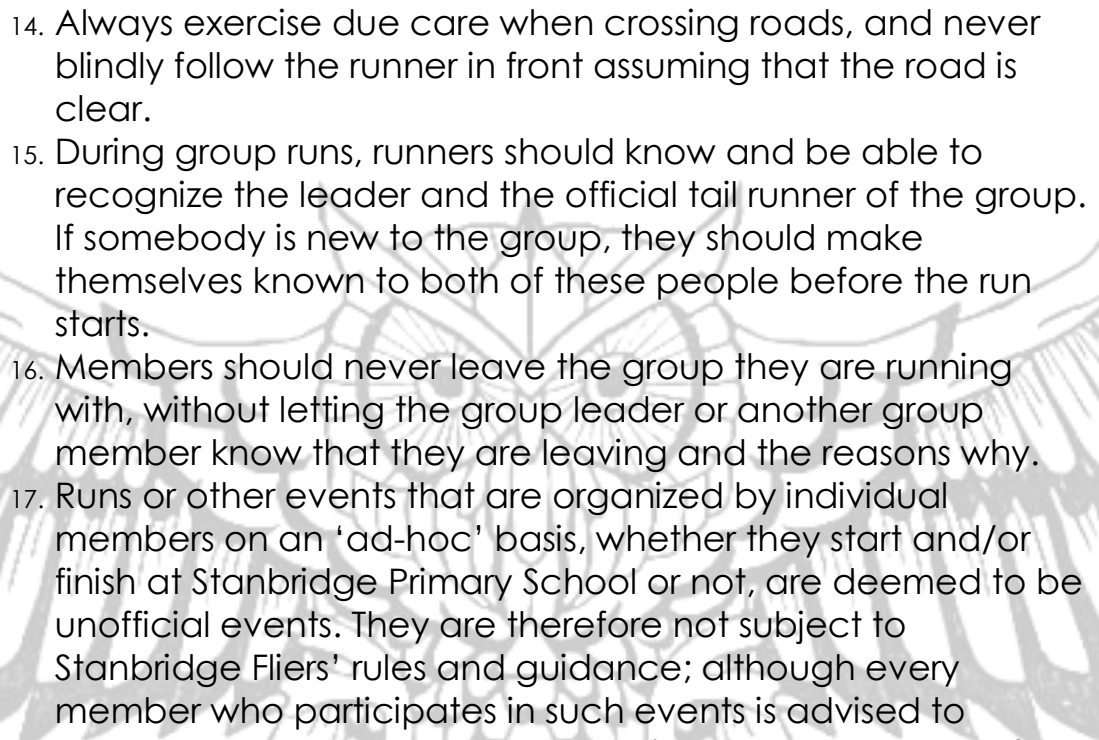


Stanbridge Fliers Health and Safety Guidelines

The following guidelines have been formulated by the Stanbridge Fliers group leaders to ensure, as far as possible, the safety of group members and the general public during training runs. All runners run at their own risk. Members should be aware that they are responsible for their own health and safety at all times, whether running in a group training session or not. They should inform run leaders if they have any injury, illness or long term medical condition that may affect their running.

1. Run leaders are not insured by England Athletics for runners under the age of 12. Children under this age, participate at the risk of their parent(s), who must run with them at all times. The child is the sole responsibility of the parent.
2. When a route is provided online, members must look at it beforehand. If a route is verbalised at the start of a session, members must listen to the proposed route before setting off. Taking short cuts on a route is prohibited.
3. Reflective vests, clothing and/or lights must be worn from November to March. Group training sessions during the dark, winter nights will be run in well lit areas for obvious safety reasons.
4. Runners must abide by the Highway Code (<https://www.gov.uk/guidance/the-highway-code/rules-for-pedestrians-1-to-35>).
5. Members must be aware of other road users and pedestrians to ensure that they do not cause a nuisance or inconvenience.
6. Runners must face oncoming traffic whilst running on roads without adequate pavements.
7. If members have to run on the road, they should do so no more than two abreast and single file if necessary.
8. Members must avoid overtaking on the road if there's traffic coming.
9. Congregating on corners or at junctions between training efforts should be avoided.

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10. The majority of accidents involve slips, trips and falls whilst out running. Members should take particular care therefore when running in tight groups and when running off-road.
 11. If involved in an accident or other incident during a group run, members must inform either the group leader or the official tail runner.
 12. Warn other runners around you of impending hazards, pedestrians, dustbins, cars, low hanging branches etc.
 13. Members must familiarise themselves with any individuals who have a recognised emergency first aid qualification within the group.
 14. Always exercise due care when crossing roads, and never blindly follow the runner in front assuming that the road is clear.
 15. During group runs, runners should know and be able to recognize the leader and the official tail runner of the group. If somebody is new to the group, they should make themselves known to both of these people before the run starts.
 16. Members should never leave the group they are running with, without letting the group leader or another group member know that they are leaving and the reasons why.
 17. Runs or other events that are organized by individual members on an 'ad-hoc' basis, whether they start and/or finish at Stanbridge Primary School or not, are deemed to be unofficial events. They are therefore not subject to Stanbridge Fliers' rules and guidance; although every member who participates in such events is advised to adhere to the general rules and guidance as necessary for their own personal safety.
 18. Lone running – it is strongly advised that when members are running alone that they carry a mobile phone and also wear an identification band or similar, giving their name and the details of a suitable contact in case of an emergency.
 19. When running, members must endeavour to stay together as much as possible. **All members must be prepared to 'loop back/sheepdog' on runs** and accept that regrouping will take place at appropriate times along a route to ensure that no one individual gets left behind.