



## **Annex iv: Club Training Runs**

### **1. Overall Responsibility**

- A member or members, of the committee will be responsible for the management of club training runs including beginners from the clubhouse on Tuesday and Thursday evenings.
- The runs are to be conducted in accordance with the constitution, procedures and codes of practice of the club.

### **2. Committee / Coaches Duties**

- To take responsibility for the Club's training runs session.
- As far as is practicable, to make sure all runners know the route by displaying maps of the route and giving directions.  
NOTE The beginners group operate a lead and tail runner system therefore maps and directions are not necessary
- To ensure new members are looked after by an experienced member of the club who knows the route.
- To be aware of the club Risk Assessment process and the requirements of the process.
- To carry out a dynamic risk assessment of the activity in the event of adverse conditions.

### **3. Runners Safety Guidance \***

- Help any other runner who needs assistance and never leave a runner to run/walk alone.  
Remember Look after your fellow Club members
- Run the designated club routes only, as announced for that evening.
- All runners shall wear fluorescent or light clothing / vests so they can be visible particularly at dusk and the hours of darkness.
- Apply the safety instructions as instructed by the announcer.
- All runners should endeavour to run in groups but do not bunch up crossing the road etc.

\* This is not an exhaustive list

Accepted/reviewed by the Committee: Sept 2010