

Ripon Runners - Running Safely

On training runs you must take responsibility for your own safety but there are various ways the club tries to minimise any risks.

The club has a number of qualified leaders who have been on the England Athletics Leadership in Running Fitness (LIRF) course. LIRFs have received training in leading safe and enjoyable running experiences. However, it is not always possible to ensure that groups will be led by these individuals. Volunteers do not need to take this course to start leading groups on club runs but please ask club officers if interested in taking the funded one-day course.

These tips may be useful, and may seem obvious, but are in no way exhaustive. As runners we should always use common sense and support each other.

1. Route Hazards

- Do not run more than two abreast especially in busy areas.
- Give way to other pedestrians/path users when necessary.
- Look out for and warn other runners around you of impending hazards eg uneven ground, potholes, slippery ground, mud, street furniture, debris, bins or rubbish bags
- When running closely packed together, be aware that your vision of obstacles, such as the path level or potholes may be blocked by the person immediately in front of you.
- Be aware of dogs, give them a wide berth. Run slowly or walk in fields with horses or cows. Use your discretion when passing them. Look after fellow runners who may be scared by large animals.

2. Road Crossings

- Cross on official road crossings wherever possible. All roads and road junctions should be approached with caution and only cross when safe to do so.
- Do not follow other runners across the road; ensure that you carry out your own checks before you cross. Mid-sections of a group tend to ignore traffic signals while following the front of the pack which can be particularly dangerous.
- If stopping, please re-group in full on the other side of the road.

3. Cold Weather

- Do not run in icy conditions, runners often slip on ice. Be aware of freshly fallen snow it can be slippery and covers trip hazards such as uneven ground.
- Wear clothing in layers so as to trap a warm layer of air but avoid overdressing.
- Drink adequate amounts of water as you will still perspire and need to replace lost fluids in winter.
- Consider carrying/wearing a hat and gloves in winter conditions, you may not need a hat whilst running, but if you stop you will soon become cold. Remember that the body loses much of its heat from the head.

4. Hot weather

- Make sure that you are hydrated before going out on a run in summer even when the sun is not shining and take adequate drinks with you and replenish if necessary.
- Warm muggy conditions induce excessive perspiration - you will need to take sufficient drinks to combat this. If you feel dizzy, nauseated, as if you have dry skin or chills, stop running, get a drink and look for some help immediately.

5. Equipment

- Wear reflective clothing in the darker months (run leaders reserve the right to ask people to leave the run if they are not wearing appropriate reflective clothing.)
- Wear headtorches/lights in winter
- Do not wear headphones.
- Wear appropriate footwear.

6. Medical conditions

- Never run if you are feeling unwell or are injured.
- Inform the Run Leader of any illness or injury concerns.
- Bring appropriate medication if required.
- If you have a known medical condition, carry a card or bracelet with information about the condition/medication. ID bands can be purchased from <https://parkrun-barcode.com/GetBarcode> and <https://ea.id-bands.co.uk/>
- If you are seriously allergic to something, e.g. nuts or bee stings, tell the people you run with just in case and what to do in an emergency
- If you have asthma, ensure that you take your reliever inhaler with you.

7. New runners

- Before you start running – think about the answers to the following questions. If in doubt – get it checked out. Do you:
 - Ever get unusually short of breath with very light exertion?
 - Ever have pain, pressure, heaviness or tightness in the chest area?
 - Regularly have unexplained pain in the abdomen, shoulders or arm?
 - Ever have severe dizzy spells or episodes of fainting?
 - Regularly get lower leg pain during walking that is relieved by rest?
 - Ever experience palpitations or irregular heartbeats?
 - Are you currently pregnant or have you given birth in the last 6 months?(source PAR Q, Register of Exercise Professionals)
- A good resource is <https://www.runnersmedicalresource.com/en/>

8. Training as a group

- New runners identify yourself at the welcome point in the club house before setting off so you can be allocated the right group for you
- Inform the Run Leader if you are new or have recently moved up a group.
- All runs need to be achievable for all runners within the group.
- The pace of the run should be dictated by the slowest runner in the group.
- Notify the Run Leader if you are leaving the run for whatever reason (or if that's not possible, another member of the group.)
- Look after the other runners within your training group. If someone is struggling, make sure that they are not left on their own or inform your Run Leader.
- Run Leaders have the final say on runs. If you are asked by the run leader to slow down, double back or look after the group, then please look to do so.
- If you have lost someone: stop and inform the run leader.

9. On the hills and mountains

- Here's a document with simple but great advice from Ambleside Mountain Rescue Team – [Get Back Alive](#)

10. Runners may find the following helpful to know in case of emergencies

- Familiarise yourself with the locations of defibrillators (see <http://www.heartsafe.org.uk/aed-locations>)
- Seek help ASAP – run leaders will usually carry a phone. If not – stop at the nearest house and ask

- Call 999 without delay if there is a life threatening or serious incident and the runner is unresponsive
- First Aid courses are available through the club (ask a club official).

11. Running with dogs – Club rules

- Dogs are only allowed on Ripon Runners off road informal training/social runs and not on our main club night on Tuesday.
- The final decision to allow dogs on a run rests with the run leader or organiser. If you have a problem with dogs and would like to participate in a run then please let the run leader know in advance so as arrangements can be made to suit everyone.
- Only one dog per runner is allowed.
- If you decide to bring your dog the club will assume that you have your own public liability cover, which is usually part of your household insurance.
- If dogs are present the run must aim to finish whilst there is still daylight. The owner is to be in control of the dog at all times using a short lead, except when threatened by cattle or horses where it may be safer to let it off. However, please bear in mind that a farmer may shoot a dog that is attacking or chasing farm animals without being liable to compensate the dog's owner. Please read the link to the countryside code. <https://www.gov.uk/government/publications/the-countrysidecode/the-countryside-code>
- Always clean up after your dog and get rid of the mess responsibly. Make sure your dog is wormed regularly to protect it, other animals and people.
- Please do not bring your dog with you to any of the races organised by RR, whether you are running or helping out with the event. Our races are held under UKA rules and also the water stations/checkpoints may be sited in areas governed by their own regulations regarding dogs. Any complaints we receive relating to our races have to be taken seriously and could jeopardise the staging of the event in future years

12. Accident log and learning

- In the event of an accident, we have set up a process to ensure any learning is shared with the run leaders:
- After an accident (an event that results in injury or ill health where medical help is needed) or near miss (an event not causing harm, but has the potential to cause injury or ill health), the leader of the group should:
 - o complete the UK athletics online accident form <https://www.uka.org.uk/governance/health-safety/online-accident-incident-report-form/#> (ensuring you have consent to include personal details of the injured before submitting)
 - o send a copy of the automatically generated email of the form once received to the Ripon Runners Safety Officer (safetyofficer@riponrunners.org.uk)
- The safety officer will:
 - o liaise with the run leader to discuss any immediate or ongoing risks and devise a mitigation plan if needed
 - o collate forms and learning and
 - o provide a report to the LIRF group meetings of any patterns or changes to safety advice and keep the safety pages on the Ripon Runners website updated.