



HEALTH AND SAFETY GUIDANCE

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Personal Responsibility:

The Club is providing Health and Safety advice and guidance to its members so that they may make risk based decisions whenever they choose to take part in any club activity.

Members have a responsibility to do their best to prevent harm to themselves, running partners or members of the public. It should be acknowledged by all club members that they as individuals owe a duty of care to not willfully injure themselves or others by negligent acts or omissions.

Running however safely organised carries a certain amount of risk and those taking part in any running need to be aware of those risks in order to minimise and accept them. Equally, the long-term benefits of running even when balanced against the risks should not be underestimated, with increased fitness, health, well-being and longevity just to mention a few.

Groups

It has long been the practice at Tamar Trotters that no one is left to run alone and no one is ever left behind on a training run. All runners will be allocated 'pace groups' to match their current level of fitness for sessions lasting approximately one hour. Depending on numbers these will normally cater for faster runners (usually assigned groups capable of 6/7 minute miling) through to those runners capable of 10/11 minute miling. On occasions where there is demand walking groups may also be available and there is a separate policy for the Couch to 5k programme. Each person is encouraged to run in the most appropriate group for their fitness level and new members are advised to urge on the side of caution and gradually move 'up groups' to ascertain their level.

Groups will be kept relatively small and should normally be between 3 and 12. During pandemics group size may be limited by national guidelines.

Group Leaders

A group leader will be assigned to each group and where the group exceeds 6 an assistant should be appointed to support. This enables someone to lead and someone to 'sweep'. The club will support and contribute to the funding of members undertaking the national Lirf course and qualification for group leaders. Experienced Lirfs will also be supported to undertake the Cirf qualification if they wish to be trained as a coach. All sessions and routes regularly undertaken have been approved, and a variety of suitable training sessions published and approved by the club coach is available. At least once a year group leaders will take part in a club review with the club coach and members of the committee.

Group leaders should have a good working knowledge of the route chosen. Group leaders new to the area should ensure they familiarise themselves in advance of both the route they will be leading on and suitable alternatives should they need to return to the club earlier than expected.

Clothing

Runners are asked to wear suitable high visibility clothing. This is particularly important during twilight, adverse weather and the dark winter nights. On occasion we may need to offer a club

high viz top or refuse access to training if the clothing chosen is deemed to be unsuitable. During the summer months Thursday sessions often include local trail and cross country. Suitable shoes with good grip are advised for these routes.

As in races the use of headphones/earphones/pods is forbidden (unless essential to a persons disability). Runners need to be aware of traffic and safety directions from leaders at all times.

Traffic

Runners are expected to follow the highway code and be mindful of the particular risks presented by road traffic both in and around Saltash and in the surrounding country lanes. On country roads with no footway run towards facing traffic so you can take evasive measures if necessary. Where pavements are available they should be used (being mindful of pedestrians). Those leading and those acting as back markers will shout clear warnings and instructions, shepherding the group into single file and stopping where appropriate.

All groups are expected to stop at major junctions and when crossing roads. Routes should be chosen to limit the need to cross major roads or junctions where possible. Group leaders ensure all are safely across before continuing. Runners should give each other enough space to restrict any potential jostling or trips when crossing.

The main A38 should not be used for running with groups.

Interval Training

All interval training or timed repetitions should be done on well-lit traffic free areas. The options include Salt Mill park, The Tamar Bridge (being mindful of cyclists) and other local fields and parks.

Animals and pedestrians

Dogs: Groups should take care when running by dogs off lead, particularly if the owners are not present. Runners should slow down and walk if necessary and avoid turning your back until you are a safe distance away. Be mindful of owners who have dogs on extended leads.

Horses: It is very common to come across horses and riders in the lanes. Always approach with caution and try to give a clear warning 'runners approaching'. Once you have their attention give a clear signal as to your intentions such as 'coming through on your right' and wait for a go ahead response from the rider.

Livestock: Be mindful of any fields you cross via permitted footpaths if they have livestock grazing and be prepared to slow down and walk if necessary.

People: Heavily used pedestrian areas such as Fore Street should be avoided if possible. Those at the front of a group are kindly asked to let others know with a shout such as 'pedestrian ahead go right' trying to achieve the right balance of being respectful to their space without frightening them with the shout!

Mobile Phone/First Aid Kits

Group leaders should carry a mobile phone in case of emergencies or ensure someone in the group is carrying one. There are mobile first aid kits available in small bum bags (stored in our cupboard at the rugby club). A more comprehensive first aid box is stored in the cupboard. A list of qualified first aiders is maintained by our membership secretary. Should an accident or incident occur during a run an incident report form should be completed on return to the club and held in club records.

Getting Lost/vulnerability

An overall count is kept by a member of the committee on entry to the rugby club and runners signposted to the appropriate group leader. Group leaders need to count before setting off and then check the count at regular intervals.

Our running groups stick together and leaders encourage those at the front to 'pick up' at set locations or times. This means those at the front running back the way they have come until they reach the back marker and enabling the group to reconfigure.

Adverse Weather

Heat: The club provides access to water before and after training runs from the rugby club on a Tuesday/Thursday evening. Runners are asked to bring water to meet their own needs for the duration of the run. Runners should wear appropriate cool and loose clothing for the temperature and leaders will adjust the pace of the session accordingly. The club will avoid running in the hottest part of the day and will cancel training sessions / races where conditions are deemed too hot, cold or where visibility is particularly poor. We recommend that all runners hydrate properly before, during and after running. On sunny days we advise that an appropriate sun cream is used.

Cold: Runners are expected to dress appropriately (e.g. layers, wind/waterproof top, gloves, hat) and warm up fully. Groups should avoid icy areas and on rare occasions we will cancel sessions if ice/snow make the pavements dangerous. Post exercise, we ask that you remove damp clothing as soon as possible and replace with dry clothing, particularly if using the bar/lounge facilities.

Trip Hazards/overhanging hazards

If group leaders are familiar with the route in advance such hazards will be observed and runners given due warning. Members are expected to look out for each other at all times. Runners are expected to note the condition of surfaces and to warn other runners of any trip hazards or obstructions as the session progresses. For example, kerbs, unevenness and dips in pavement, potholes, raised service covers etc. The runner at the front is asked to shout a clear warning e.g. 'Bollard on your right', 'overhanging branch' etc. Runners need to be vocally active throughout a run to give due warning. Runners should slow down and proceed with caution on approaching styles, cattle grids, slippery areas, rutten or uneven ground etc.

Torch-lit runs

There is no need for any session to venture into unlit areas during the hours of darkness. Normal pace group sessions should not be planned or undertaken in unlit areas. However, from time to

time members have asked to undertake social runs where everyone is equipped with a head torch and high viz clothing. In these circumstances we ask that due warning is given (a week in advance) and that the leader submits an up to date risk assessment for the route.

Personal Limitations:

Runners need to know their limits of fitness. Following illness or injury take a conservative approach to resuming training and if in doubt seek medical advice and also seek advice. Seek medical advice from your doctor if you have a pre-existing medical condition that you think may place you at increased risk when running. Notify coaches of any specific medical condition or when returning from long-term injury or a debilitating illness. Make others aware if you carry a SOS talisman for any specific medical condition.