

DUMFRIES RUNNING CLUB

Running Safely

This document summarises the risks and mitigating measures identified in the most recent DRC risk assessment, it can be seen on the Club website

All members are required to ensure that the actions identified are properly applied to minimize any risks.

General Safety

- Only DRC members participate in sessions.
- Membership details recorded.
- Contact details available for contact purposes only.
- Health issues should be declared by members on membership application.
- It is members' personal responsibility to ensure that they mitigate any risk while running.
- Separate risk assessments are carried out for Club organised races.
- Register kept of Jogscotland participants showing contact details is maintained.
- Jogscotland participants must complete a Physical Activity Readiness Questionnaire.
- Welfare and equality policies are on the Club website.
- Members with medical conditions are advised that they run at their own risk.

Club Venues

- Known meet points used to assemble for Club sessions.
- No congregation of participants on public roads.
- Meet points have adequate, well-lit car parking.

Running Routes

- Members must be aware that it is part of Club culture that when running there is a collective responsibility to look-out for each other.
- Group discussion of a route before session starts.
- A Session Helper to be nominated whose role is act as guide for the route chosen.
- Avoid known hazardous routes and general hazards.
- Only well-lit town routes used in winter period.
- Speedplay route to be checked over before a session.

Injury/Illness During Session

- Participants advised not to attend sessions whilst having injury or illness.
- Any health or safety concerns should be raised before the start of a run with the Session Helper.

- Participants are advised to do a warm-up before a session and cool-down exercises after a session - particularly beginners and following vigorous activity.
- Although a Session Helper led warm up and cool down may take place at each session (this is not always possible due to timings, route and start or end location arrangements) therefore it is the responsibility of runners to ensure they are safe and fit to run by completing their own warm up and cool down activities as appropriate.
- Mobile phones should be carried by at least one in a running group.
- Any member incurring injury during a session to be accompanied by another back to start point.
- Report accidents and incidents and arrange for them to be logged in Club accident/incident logbook.

Traffic

- Road safety rules must be adhered to.
- Participant advised to run on pavements or pathways whenever possible.
- Participants advised to run facing on-coming traffic if not possible to run on pavement/path.
- Requirement that Hi-Viz clothing be worn in winter period.
- Runners advised to warn others of approaching vehicles and to run in single file.
- Headphones are not allowed at any training sessions or Club races.
- Participants are advised to stay alert for vehicles pulling out of driveways.
- Participants are advised to be alert to the risk from mountain bikers on trial routes.

Crossing Roads

- Routes chosen to avoid crossing major roads
- Zebra and pelican crossings to be used whenever possible.
- Crossing near road junctions to be avoided
- Runners advised to wait at side of road and cross as a group.

Pedestrians

- All participants to be aware of other pavement/path users.
- Front runner in the group to alert other members of the group, as necessary.
- The group to keep to one defined side of the pavement/path where possible and step on the verge / grass.

Animals

- Avoid possible contact with animals – be prepared to re-route. Ensure all participants are aware.
- Care to be taken when running off-road near to farm animals.
- All gates should be closed.

- Participants advised to be alert to proximity to dog walkers and possibility of extended dog leads. Shout warning to athletes behind and have system to continue warning to back of group.

Weather

- Regard should be paid to weather forecast. If extreme, session should be adjusted or cancelled.
- Notification of cancelled sessions should be on the Club Facebook page.
- Participants and Session Helper should assess risks due to weather before starting a session.
- Participants must take a view on what clothing is appropriate for the weather conditions.
- Participant may be advised if it is felt that their clothing is inappropriate for the conditions.
- When it is hot participants are responsible for ensuring they have adequate means of hydration and any other necessary measures – sunscreen, hats, etc.

Slips, trips & falls - Ice, Frost, Wet Leaves, Uneven Surface, Street Furniture, Bins, Mud, Snow, Standing Water etc.

Off-road – Streams, Tree roots, Marshes, Boardwalks Etc

- Group to assess route before session and participants should be forewarned of any known route hazards.
- Participants to be alert to changing conditions.
- Routes selected should have good lighting wherever possible.
- Lights should be worn where there is poor visibility.
- First aid kit to be kept at Dumfries Sports Club
- Participants reminded to run carefully and responsibly. A sensible distance should be kept between themselves and the runner ahead of them. Walk if conditions are particularly difficult.

Missing/Lost Participants

- Participants encouraged to run with others of similar ability.
- No participants in a group should be left on their own unless they have expressed that they are happy to be so.
- Running group, aided by the Session Helper, must account for everyone at the end of a run.
- Running group to carry out a search for any unaccounted participant.
- Participants are advised to carry whistles during forest runs.

Inexperience

- All new runners should be asked to identify themselves at the beginning of the session by the Session Helper. Runner and Session Helper to agree on most appropriate pace group / route for the new runner.