

# DUMFRIES RUNNING CLUB

## Running Safely

### CLUB TRAINING RUNS

The following should be observed during Club training runs to mitigate any risk that may arise.

- When running with the Club everyone has a personal responsibility to ensure that they mitigate any risk.
- It is part of the Club culture that when running with a Group there is a collective responsibility to look out for each other.
- We should all help, support and encourage each other during the session.
- The Run Leaders' role is the same as all others in the Group i.e. to enjoy a training run, whilst acting as guides round the route.
- No one should be on their own unless they have expressed that they are happy to be so.
- If anyone is falling behind they should make the closest person to them aware.
- If anyone has any concerns, including health issues, they should be raised before the start of the run with the Run Leader taking out the group.
- Headphones, including bone conduction ones, should not be used during Club runs for health and safety reasons. Headphones are not allowed in both DRC directly organized races i.e. Holywood Stroll and Dumfries Half Marathon as per UK Athletics rules.
- Appropriate high visibility clothing for evening runs in winter months, whether off-road or in urban environments, **MUST** be worn that allow yourself to be seen.
- When running off road, particularly in winter months, you **MUST** wear high visibility clothing and carry a head torch. You should also consider carrying a whistle.