



BRJ RUN AND TRI

We swim, we bike, we run, we have fun.

KEEPING SAFE WHEN RUNNING

We want running to be a safe and enjoyable experience. These are some reminders of things to keep yourself safe;

1. Make sure the group leader knows that you are running.
On club training runs there is a signing in/out sheet, so that the group leader knows that everyone has completed the run. If you are heading home before the run ends make sure that the group leader knows.
2. Don't leave people behind
On club runs faster runners should loop back so that the group keeps together.
3. Group leader carries a phone
On a club run the group leader will carry a phone to get assistance if required.
4. Running alone
When running alone tell someone your route and roughly how long you will be. You could also carry an ICE (in case of emergency) tag with your name and a contact telephone number, if you have an accident and are unable to give these details. This is useful on a club run when others may not have your contact details immediately available. The tag is small and can be laced to your running shoe or worn on a lanyard. For parkrunners the link below is a company that also prints your park run code on the tag.
<http://www.parkrun-barcode.org.uk/parkrun-barcode-tag-3-pack-pr3.aspx>
5. Be visible
Wear bright, fluorescent clothes when it's dark. Arm band lights make you more visible and a head torch helps you to see where you're going.
6. Be fit to run
Make sure you are able to run the distance you have set yourself. Parents make sure that children are well enough to participate in club training sessions, and are not too tired, for example, following sporting activities at school.
7. Medical conditions
The club membership form asks about medical conditions;
'We are required by the UK Athletics insurers to hold on our emergency file details of any known condition which might affect your ability to train/compete, or which may be triggered by such activity (e.g., epilepsy, asthma, diabetes, heart conditions etc), and details of any long-term medications used. This information will not be disclosed to anyone, other than (a) your membership secretary who needs to be aware, or (b) to a para-medical during emergency treatment.'
Additionally you may choose to make the run leader aware of any medical condition or injury that may affect your running for that session.