



# EVESHAM VALE RUNNING CLUB



## Guidelines for Safe Running on Club Nights

All runners must take personal responsibility for their own safety,  
Whilst keeping a watchful eye on others running in the same group.

The following guidelines will be followed by all runners.

1. \*When running in the dark runners must wear high visibility jackets. These may be borrowed from the club. Be aware that drivers may find it difficult to see you if you are not highly visible.
2. \*Have your name, address and phone number on a card or paper pinned in your jacket or in a pocket or bracelet. Include the number of your nearest contact who would need to know in the case of injury.
3. MP 3 players must not be worn whilst on club runs.
4. Join a group of runners who run at a pace suitable to your personal speed and distance. "Place Mats" with minute miles are often set out to indentify the groups. In case of difficulty please ask the Run Coordinator.
5. Each group must elect a leader, who will explain the proposed route and approximate time and distance to be run, a head count must be taken to ensure that everyone setting out on the run is accounted for on return. Runners will say their name so that everyone can be easily identified. The leader is responsible for completing the Running Register on their return. Groups of over six runners should appoint a sweeper.
6. If possible at least one member of a group should carry a mobile phone.
7. \*Take particular care when crossing side roads and driveways.
8. If anyone decides to leave the group whilst out on the run, they **MUST** inform the Group Leader. It is very important that checks are made throughout the run to ensure that no one is left behind.
9. In the event of an incident, check that anyone injured is kept safe and comfortable. If appropriate contact emergency services, using 112. If relevant someone should be nominated to return to the Vauxhall with them.
10. If necessary phone the personal contact of the injured runner. The Vauxhall 01386 446 333 holds a sealed envelope which contains all members contact details, which would only be opened in case of emergency. Any incidents must be reported to the committee.
11. If there are any runners under 18 in the group, it is essential that the club policy is followed.
12. Thank you for helping keep EVRC a safe and friendly club.

\*These elements are equally important if out training alone. Also carry a mobile phone, and include an ICE number – 'In Case of Emergency' who to contact e.g. home.  
November 2010.