



Paradise Running Club (PRC) Safety Policy

The following guidelines have been formulated by the Executive to ensure, as far as possible, the safety of club members, event participants and the general public during club training runs, club races and club fun runs.

General

All club members must take personal responsibility for their own safety, while keeping a watchful eye on others running in the same group, particularly new members. Consideration should be given to others, and common sense used. Members should be aware of the advice available through running magazines, websites and other sources on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport. Advice should be sought from experts and professional practitioners outside the running club as appropriate.

Prohibited Items

For the safety and enjoyment of all participants the following are prohibited in all PRC scheduled group runs, PRC hosted road races and PRC hosted fun runs.

No Exceptions:

- Pets
- Bicycles
- Wagons
- Roller blades
- Skateboards
- Hand cycles
- Motorized vehicles
- Motorized wheelchairs
- Headphones of any type, including earbuds
- Running while pushing strollers, baby joggers



We strongly discourage event participants from using headphones of any type under any circumstances. Some serious injuries can be avoided given a moment's notice of an onrushing vehicle. Headphones will rob you of that chance by virtually eliminating your hearing. You will be oblivious to car horns or hollers to "watch out".

Safety Rules and Guidelines

Additional Safety Rules/ Guidelines to help ensure the safety of yourself and others include:

- Abide by the Provincial and Municipal Highway rules and regulations
- Always be mindful of other road users and remember to share the road
- Face oncoming traffic while running on roads (refer to Running on Roads Policy below)
- When running on the road, no more than two abreast and single file if necessary (refer to Running on Roads Policy below)
- Avoid overtaking other runners on the road if there's traffic coming (refer to Running on Roads Policy below)
- Allow faster runners off first on busy roads to avoid unnecessary overtaking
- Alert people that you intend to overtake
- Avoid congregating on corners or at junctions between training efforts
- Club training sessions during the dark must be run in well-lit areas for obvious safety reasons; reflective vests/ apparel must be worn. At least one person in a cluster of runners should have a lamp. (refer to Running in the Dark Policy below)
- Run with a buddy whenever possible
- Let family/friends know your running plans, including route and expected duration
- Carry a cell phone
- Dress appropriately for the weather conditions

In the event of a large turnout it may be necessary to split into two groups, until the first effort point or what is considered a safe congregation point.



Running in the Dark Policy

When running as a group during periods of low visibility (including foggy conditions), club members should run with a light and in light coloured or reflective clothing. It is the responsibility of the individual to provide these items. Lights that could be used include headlamps. A light is useful to reduce tripping over uneven ground and increases a runner's visibility to drivers and other pedestrians. Reflective vests are recommended. This policy should also be taken as advice to all members while running alone, for personal safety.

Running on Roads Policy

During group runs, all members will run against the traffic, at a maximum of two wide. When meeting traffic on the road, runners will always drop to single file. Where a footpath or sidewalk is available it is advised to use that, and remove yourself from the road. Routes shall be planned to avoid unlit roads during hours of darkness, and to avoid roads with a high volume of fast moving traffic. It is the individual responsibility of all club members to make sure that they cross roads at safe, highly visible places. As safety is of utmost importance to the club, this policy will be implemented at every run. Members are advised that running in an unsafe manner will not be accepted by the club at any time. This policy should also be taken as advice to all members while running alone.

'Ad-Hoc' Events Policy

Runs or other events that are organized by individual club members on an 'ad-hoc' basis are deemed to be unofficial events. Every member who participates in such 'ad-hoc' events is advised to adhere to the safety policy rules and guidance, as necessary, for their own personal safety.

Turn-Around Policy for Learn-to-Run (LTR) Program

When running as a LTR group, the turn-around policy should be adopted. This is, when the faster runners get a distance ahead of the slower runners, they turn around at a safe spot and run back to the main group. The slower runners should continue running along



the designated route and the faster runners can then over take and again run ahead and turn around again when needed. This enables the group to stick together and ensures that no-one is left behind, regardless of speed. This policy will be used at all LTR training runs.

Staying Together Policy

The group endeavours to stay together as much as possible. Members should take care to know to the proposed route before setting off. The group leader should ensure that a head count is taken and that a tail runner has been assigned to ensure that no one individual gets left behind. Whenever mixed ability occurs within a group, regrouping should take place at appropriate times along the route to ensure that not one individual gets left behind. If anyone decides to leave the group while out on the run, they must inform at least one other runner in that group. Upon returning to the start, the group lead should check that everyone who started out has returned or can be accounted for.

Endorsement

These Safety Rules and Guidelines are endorsed by all Executive Members and Club Members of Paradise Running Club through their new or continued membership of the club.