



Bentham Beagles Running Club

Club Training Runs

Overall Responsibility

1. A member or members, of the committee will be responsible for the management of club training runs including beginners from the clubhouse on Tuesday evenings.
2. The runs are to be conducted in accordance with the constitution, procedures and codes of practice of the club.

Committee / Coaches Duties

3. To take responsibility for the Club's training runs session.
4. As far as is practicable, to make sure all runners know the route by displaying maps of the route and giving directions.

NOTE: The beginners group operate a lead and tail runner system therefore maps and directions are not necessary

5. To ensure new members are looked after by an experienced member of the club who knows the route.
6. To be aware of the club Risk Assessment process and the requirements of the process.
7. To carry out a dynamic risk assessment of the activity in the event of adverse conditions.

Runners Safety Guidance *

8. Help any other runner who needs assistance and never leave a runner to run/walk alone. Remember look after your fellow Club members
9. Run the designated club routes only, as announced for that evening.
10. All runners shall wear fluorescent or light clothing / vests so they can be visible particularly at dusk and the hours of darkness.
11. Apply the safety instructions as instructed by the announcer.

12. All runners should endeavour to run in groups but do not bunch up crossing the road etc.

* This is not an exhaustive list

Last Reviewed by Committee: 30th October 2011