

LAUNCESTON ROAD RUNNERS

HEALTH & SAFETY GUIDELINES

1. Wear clothing and footwear appropriate to the weather and underfoot conditions and ensure shoes are securely tied.
2. Always run on the pavement whenever possible.
3. If no pavement, run preferably in single file against the flow of traffic (except where unsafe to do so, i.e. blind corners).
4. Groups should avoid running on both sides of the road.
5. Always wear hi-visibility bibs or jackets when visibility is poor (these are a requirement on autumn/winter training nights, NO BIB – NO RUN).
6. When dark, run in well lit areas whenever possible.
7. Club runs are SOCIAL RUNS. There should be no solo runners and the group leader(s) should ensure that no runners are lost or left behind.
8. You should not run if you do not feel well. By running you affirm that you are well enough to do so and always run at your own risk. If in any doubt you should consult your doctor.
9. If you take medication, please ensure that you have it with you, e.g. inhalers.

The club Health and Safety Officer will maintain records of any accidents. If you should have an accident resulting in any injury of any kind, please advise a committee member present at the time.

1st March 2009