



PENARTH AND DINAS RUNNERS

LATEST PENARTH AND DINAS RUNNERS SAFETY GUIDELINES FOR GROUP SESSIONS

The safety of all runners, run leaders and the wider community is paramount, **so please read the following guidelines and be mindful of these requirements at all Club sessions and group runs.**

- Register for a session via the monthly Google Form, which can be found on the **Website Calendar**. Ensure the information you provide is up-to-date and accurate.
- **Do not** attend a session if you feel unwell, have a temperature, a new persistent cough or any change to taste/smell. **Do not** attend unless you are 100% healthy.
- Meet punctually at the start point, ready for a pre-run safety briefing.
- Please make sure you come to all runs wearing light coloured clothing that ideally has a good amount of reflective material for the dark nights ahead (SEE BELOW FOR GUIDANCE)
- Don't share drink bottles and store keys and other personal items safely on your person.
- A designated Run Leader will carry gloves, hand sanitiser, a basic first aid kit emergency contact info and a mobile phone. Runners should carry their own **ICE information**.

The Committee thank you all for your cooperation with these guidelines. We have your safety in mind at all times, but your enjoyment is important too. As ever, we welcome and encourage feedback.

