



**COACHING**  
WITH **CONN**

## Moreton Runners Health & Safety Policy

Updated 01/01/2025

### **Tuesday Social Run Protocol**

- *Pacing, Distance & Duration:*

The Tuesday Social Run is a collective 5km endeavour, intended for group cohesion, conversational engagement, and physical activity. Participants are encouraged to maintain a consistent pace, averaging between 10:30 to 11:00 minutes per mile or 6:30 to 6:50 minutes per km. This pace ensures an approximate duration of 30 to 40 minutes, dependant on route selection and total distance. Participants are reminded that this run is not a training session.

- *Route:*

The route covers a distance of 5km, with potential deviations during poor weather. Winter routes predominantly traverse urban and residential areas, utilising well-lit streets. Summer routes may encompass segments of off-road pathways or exclusively off-road terrain.

- *First Aid:*

During every session, a minimum of one certified first aider is present, with a comprehensive first aid kit readily available in the coach's car. Additionally, defibrillator units are strategically positioned throughout the vicinity for accessibility. In the event of a severe incident, immediate first aid assistance will be administered, while emergency services are promptly contacted.

- *Injuries:*

Participants encountering injury or accidents are advised to cease participation immediately. When departing from the group, individuals are encouraged to promptly notify the coach upon safely reaching either the meeting point or their residence.

- *Loop Backs:*

To facilitate group unity and safety, a Loop Back protocol is implemented. The coach will signal to faster runners at the forefront, using either a vocal command or a whistle, prompting them to retrace their path toward the group, passing all members before turning again and resuming their pace. This enables individuals to engage in a slightly accelerated tempo while preserving group cohesion. Front runners are also responsible for periodic checks to ensure they remain within reasonable proximity.

- *Attire:*

Appropriate running attire is mandatory at all times, for example shorts, trousers or leggings, t-shirts, vests, long sleeves (when appropriate), and suitable footwear. During winter months, high visibility clothing such as bright coloured or reflective layers are recommended, alongside torches where possible.

- *Hydration:*

During the summer months, participants are encouraged to bring hydration provisions.

## **Medical Details**

- *Declaration:*

All participants are required to complete the Medical Declaration form before partaking in any session. Participants are advised to consult with their GP if an existing condition would affect their safe participation.

- *Updates:*

Any alterations in health status or injuries affecting safe participation must be promptly communicated to the coach prior to the session.

- *Injuries:*

Participants are urged to inform the coach of any injuries sustained before, during, or after any session, ensuring appropriate support. Once an injury has healed and recovered, participants are welcome to rejoin the sessions.

- *Risk:*

All participants should acknowledge that they are taking part at their own risk.

## **Health & Safety**

- *Risk Assessment:*

A comprehensive risk assessment is conducted for every session, subject to biannual review.

- *Road Usage:*

When traversing roadways, participants are instructed to utilise available footpaths where appropriate. In the absence of footpaths, individuals should run on the right-hand side, facing oncoming traffic, while maintaining single-file formation in the event of oncoming vehicles. Front and rear runners are tasked with alerting the group to approaching vehicles. Visibility measures, including lights and reflective attire, are mandatory during dimly lit periods, with strict adherence to road safety protocols enforced at all times.

- *Photographs:*

Occasionally, photographs of the group are taken and may be used for promotional purposes. Please note that photographs are never taken on a one-to-one basis.

## **Membership**

- *Fees:*

As of 01/01/2025, Moreton Runners will have an annual fee of £20 per person. This fee helps cover the cost of the club's public liability insurance, providing cover for the Tuesday Social Run. Any other session fees will be announced prior to the session start date. Membership lasts from January to December.

- *Compliance:*

Moreton Runners operates a strict "no form, no run" policy. In order to safely participate, all members must ensure that their membership fee is paid and their declaration is signed.