



Group Road Runs

Information

This information is aimed at runners, group leaders as well as the club to ensure that all involved have an enjoyable and beneficial experience in a welcoming, friendly, supportive and safe environment. The group runs are for anyone over the age of 16 and caters for all abilities from beginners to club runners and those with higher aspirations.

Runners

The runs take place every Tuesday evening from the Exeter Harriers Pavilion with runners meeting in the Lounge at 6.35 pm. This allows parents to drop off their children at the junior session at 6.30 pm and to be back to collect them at the end of the run.

Changing rooms, lockers and hot showers are available at the Exeter Arena paid for by the club.

All runners need to register in the Lounge and to obtain specific information about the run to include the routes of the run. A decision about which group to join will have to be made which will be based on the distance and the pace of the run. For example, beginners may wish to undertake the 3 mile run with a target pace of 9-10 mins per mile while more experience runners may opt for the 5 mile run at 7-8 mins per mile pace. Advice will be available from group leaders and club coaches.

Runners must also inform the club and group leaders of any health considerations they may have and understand that they participate entirely at their own risk and should consult with their own doctor if they have any condition that might make running injurious to their health.

Having registered runners should warm up outside the club house which should involve some easy jogging and stretching in preparation for the group run which will start at 6.45 pm from outside the club house.

Runners need to wear comfortable and appropriate clothing and footwear to suit the conditions. When runs take place in the dark, or poor visibility, runners should wear light, bright and reflective running tops. In cold weather tracksuit bottoms or leggings are advisable as are gloves and hats when the temperature is very low. In warmer weather shorts and T-shirts may be preferable. Running shoes are very important and for new runners it would be advisable to get specialist advice to ensure that the shoes are appropriate for their running style.

It is advisable not to eat a meal for 2 hours before the training run though energy snacks and drinks are fine indeed they are essential during warm weather to avoid dehydration.

During the run runners must take responsibility for themselves and be alert at all times, respect other members of the public and take care near dogs, as well as complying with the highway code especially when crossing roads, keep a sensible distance between other runners to avoid collisions and follow the instructions of the group leader.

Group Leaders

Group leaders should have a good knowledge of the route prior to the run and be aware of any hazards that may be met such as road works, uneven ground, potholes etc and these should be made aware to the group during the run.

It is important that the group leader is aware of those in their group, their capabilities, any issues they may have and to ensure that all members of their group return safely.

The group should be encouraged to run together at the pace of the slowest and periodic regrouping may be necessary to enable the group to stay together. However, where a runner falls off the pace (or stops!) it may be necessary to adapt and form sub groups but **NO RUNNER SHOULD RUN ON THEIR OWN!**

If there should be an emergency during the run the group leader should take responsibility for it and this may require contacting the club house for assistance in extreme cases.

The Club

The club is ultimately responsible for all aspect of the group run and must make every effort to ensure that it is undertaken in accordance with UKA Leadership Risk Assessment including pre-checking the route prior to the run.

The run routes should be appropriate for the group run – they should be level, sufficiently wide, free of too many obstacles and have good lighting wherever possible.

All group leaders must have a suitable qualification and have the necessary skills and knowledge to fulfil their role.

The club may need to cancel the group runs in the eventuality of extreme weather conditions such as ice and snow but will give as much warning as possible to all involved.

Bob Privett

8th January 2016