



Safety Briefing

- **Cross the road in the normal way, looking left and right – don't just follow the runner in front.**
- **Pay special attention at driveways to houses and road junctions.**
- **Please be aware that some pavements may be uneven, make sure you are able to pick your feet up high enough so that you don't trip. If you are particularly tired – drop to a walk and inform the leader.**
- **Take extra care mounting pavements, crossing speed bumps and any other steps on the route.**
- **If there is a dog that isn't on a lead, or on a lead but the owner isn't in control then stop running and walk slowly past.**
- **Follow the Countryside Code and ensure any gates are left as you found them.**
- **Don't run too close to the runner in front, you can end up being kicked or crash into them if they stop suddenly.**
- **Keep single file on narrow paths (canal) and pavements.**
- **Keep to the right side of the road, facing oncoming traffic, if there is no other choice but to run on the road.**
- **If you feel unwell on the run, please inform the leader. Never turn around to go back without informing the leader.**
- **Remember to take any medicine with you on the run eg inhaler and inform the leader of any conditions that may affect your running.**

Running group leaders are qualified leaders and are willing to share their experience and enjoyment of the sport with you. By signing the register you are confirming that you understand that your participation in this group is entirely at your own risk and you should consult your doctor if suffering from any condition that make running injurious to your health. You must feel well prior to each session and will notify the leaders should you feel unwell at any time during the session. You understand that your participation and safety are your own responsibility.