Guidelines for Leading a Group Run

Group runs accomplish many goals for a club or training program; they bring people together, both seasoned and newer runners. They create a social atmosphere for the group that supports a runner's training needs, and more. Organising and leading a group run is an important responsibility. To help ensure that the group runs are well organised and safe, the following guidelines have been set up for leading a group run. In addition, please refer to the HJ Health & Safety policy.

Before a run

New members - identify new members and take extra care that, being new to the group, they are fully incorporated into the group run.

Back runner - Identify someone who is prepared to be at the back of the group to ensure no one gets left behind.

Charged mobile phone to be carried in the case of altercations or emergencies to contact emergency services, take photos of incident / scene.

Location app on your phone in case you need to call the emergency services e.g., What3Words.

Action plan needed should an incident arise on your route (e.g., what to do with the other runners in your group).

- Identify how you would get the casualty to a road / car park / other pick-up point – take this into consideration with your route plan.
- Tell your runners at your meeting point that they share responsibility for group safety and recommend they always carry a phone on them.

Distance - clearly outline the distance for a run. If a long run, then the run leader should identify water stops on the route and recruit volunteers to deliver water / man water stops. If none is available on the route, members should be advised to carry their own water on the run.

Reflective clothing - required if running in the dark or if it will get dark during the run

Group size – if the size of your group is more than 12 (including the run leader), split the group into two smaller ones and request a secondary run leader to take the second group on the same route, either a few minutes behind or in the reverse direction.

During a run - **No-one gets left behind; recruit a 'back marker'**

Stick to the designated route

No headphones allowed

Do not run more than two abreast especially on busy roads, pavements, or multi-use trails. The goal is to share the roads/trails, not hog them.

Be mindful of your language and conversation content. Adult conversation does happen on group runs, but it should not go so far as to create an uncomfortable atmosphere for the group.

Point out hazards - work with your runners to stress the importance of paying attention to their surroundings. If there are tree roots, potholes in the path make runners aware of them

Obey traffic signs - Everyone in the group should obey all traffic signs. The group leader should NEVER run the group against a light or through a stop sign. When crossing roads use a designated crossing point wherever possible. Mid-sections of a group tend to ignore traffic signals while following the front of the pack. This has been the main reason why people get hit by cars on group runs.

Face traffic (except on sharp bends) - use pavements / trails for group runs as much as possible, if you need run on a road, face traffic, and run no more than two abreast. This will allow oncoming motorists to see the group as opposed to driving upon the back of the pack. If there is a confrontation with a driver, follow the path of least violence. It's better to lose an argument than to lose a life. Use a mobile phone to document a confrontational driver.

Group health - run leader should engage runners in conversation, watching out for signs of distress, this could signify a problem. If necessary, appoint a pace leader to take the rest of the group back to the meeting point so that the run leader can run/walk separately with the unwell runner.

If an incident occurs:

- Assess the situation and summon appropriate help; if you are not sure what to do call 111
- Ensure your own safety first then protect the casualty / others on scene if applicable
- Keep your group together until casualty is in safe hands
- If medical aid required, remain with casualty until further care available
- Report your observations to those taking care of casualty
- Arrange for casualty removal to hospital / home / care of responsible adult

After the incident:

Run leader to report to Club Secretary info@horshamjoggers.co.uk as soon as reasonably practicable, where the incident concerns an injury that may result in an insurance claim, with following info -

- Name of casualty
- Date and time of incident
- Location of incident
- Description of incident / altercation and treatment / action taken
- Copies of any photos taken

The casualty (when ready) should complete the accident report form (available on the HJ website, link below) and return to info@horshamjoggers.co.uk

https://www.horshamjoggers.co.uk/wp-content/uploads/2021/04/hj-accident-report-form.docx

Post run

The run leader and the back runner should be the last ones to leave after the run. Most health-related problems such as heat stroke or heart attacks tend to occur in the down time immediately following a long group run.