

Orange Runners Club

“Together we achieve individual goals”

Our Safety Guidelines

(Ver 4 – 1st June)

The Orange Runners Club recommends that caution be taken by members when participating in Club events and activities.

In particular, please be aware of the following:-

- Allocate some time to ‘warm up’ before and ‘cool down’ after a Club run / walk.
- Listen carefully to any short safety awareness briefings held before the commencement of runs / walks. Briefings will be held where the Club’s risk assessment has identified the need.
- Complete the ‘sign – on’ sheet before an event commences and ‘sign off’ once finished so that all participants can be accounted for.
- Ensure adequate quantities of water are consumed prior to, and after, a run / walk.
- Wear clothing that is appropriate for the weather conditions.
- Run / walk on the right hand side of a road and on the left hand side of paths used by cyclists and / or pedestrians.
- If wearing headphones please keep to the side of the road / path / track and listen at a volume level that allows you to respond to the sound of approaching hazards.
- Runners and walkers in groups are asked to always leave room for faster runners to pass in either direction without them having to leave the track / path and risk injury on uneven ground.
- If you bring a pet, please ensure it is kept on a lead and close by your side.
- Participants riding cycles, using scooters or pushing strollers are asked to start events at the rear of the group, keep to one side of the road / path / track and maintain their current course if approached by a runner or walker.
- Give way to members of the public.
- If you hear or see a runner or walker approaching behind you maintain your current course without stopping or stepping to one side. The person that is overtaking will then be able to pass you without a collision. Parents are encouraged to explain and make this known to their children.
- Be aware of and warn others of dangerous wildlife, such as snakes.
- When you finish a run / walk move well away from the finish line to avoid possible collisions with others finishing at speed.
- Club members are asked to look out for and alert others where safety could be improved by observing these Guidelines.
- A first aid kit is available at all events for use if required.

Should you observe any incidents for which preventative measures could be taken please discuss them with a committee member.