



Multi Ethic Running Club CIC

Running Club Safety Policy:

Our running club prioritizes the safety of our members and is committed to providing a safe running environment for all. The following policies are in place to ensure the safety of club members during training runs and other club activities.

1. **High Visibility Clothing:** All club members are required to wear high visibility clothing during training runs taking place before sunrise or after sunset. This includes reflective vests, armbands, or other types of reflective clothing. Members should wear light-colored clothing during daytime runs to increase visibility.
2. **Locations for Training Runs:** Club members are encouraged to run in well-lit and high-traffic areas and avoid running alone in remote or unfamiliar locations. If running in a remote location, members are advised to inform their running partners or a friend/family member of their route and expected return time.
3. **Safety Requirements:** All members are required to wear appropriate clothing and footwear during training runs. Clothing should be lightweight, moisture-wicking, and suitable for the weather conditions. Footwear should be supportive and appropriate for running.
4. **Running Together:** During training runs, members should run together as part of a group. The sense of community and safety in numbers is highly recommended. Where possible, members are encouraged to run single file when sharing the pavement with non-runners.
5. **Weather Conditions:** Members (**Captains**) should review the weather forecast before heading out for runs. Running in extreme weather conditions such as heavy rain, snow,



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or strong winds is not recommended. During hot weather conditions, members are advised to stay hydrated and wear hats to protect themselves from the sun.

6. Injury and Illness: Members who are injured or feel unwell during training runs are advised to stop running and seek medical attention if necessary.

7. Emergency Procedures: In the event of an emergency, members should call 911 immediately and contact the club leadership as soon as possible.

8. Adherence to Policies: Club members are expected to adhere to the safety policies outlined by the club leadership. Failure to comply with these policies may result in disciplinary action, including but not limited to suspension or termination of membership.

Note: Club captains are responsible for enforcing safety policies during their training runs and reminding members of the importance of adhering to safety guidelines. Captains should also be familiar with the emergency procedures and have a basic knowledge of first aid in case of injury.