



## MAC GROUP RUN SAFETY GUIDANCE

During our Wednesday and Sunday Club Social runs it is the responsibility of the whole group to look out for each other and ensure that no members are left running alone (unless they have specifically said they are happy to). The routemasters will always share the route and any hazards including roads and their suggested safe place to cross them but once the run begins it is the responsibility of members to keep themselves and their group safe. In the dark months, **ALL members should be wearing hi-viz and lights.**

### Group Responsibilities

Each group should ensure they have listened to the route briefing and any hazards. Routes are shared in advance so it is important that ALL members have familiarised themselves with the route beforehand.

The group should ensure that there are people running with a phone in case of an emergency and possibly with the route displayed. Each group should, if possible, have a first aid kit.

If you notice that a member of your group is struggling or indicates they need to stop either one member of the group or the whole group should drop back to support them. Our ethos is that no runner is left alone unless they specifically indicate otherwise.

### Individual Member Responsibilities

A member who, during an organised MAC road or off-road training session wants or needs to depart from one of the given routes is urged to adopt the following Club protocols:

Make your intention known to the members of the group with whom you are running.

If you are injured or in some other form of distress, seek a volunteer, ideally a first aider if there is one with your group, to accompany you to a safe place such as the clubhouse if that is realistic or otherwise a location from where you or your companion can summon help while the companion waits with you.

If you are not in distress but wish to, for example, to cut the run short, tell the members of the group and confirm that you do not require any assistance before setting off on your own. You are strongly encouraged to remain with the group unless you are completely confident of your route back to the clubhouse.

If you are struggling to keep pace with the group there is no shame in asking for someone to slow down and run with you. The Club's ethos is that we will not leave anyone to run on their own unless this is by their stated choice.

If you depart from the group on your own the club and its members will be unable to help you if you become injured or get lost. You are of course free to run wherever you wish, but the Club is concerned for the safety and well-being of all its members, and you are urged to think carefully before placing yourself at avoidable risk.