



Guidelines for Club Members

Budleigh Runners was founded on 21 October 2019 as a group of friendly people who wanted to run together. Our club motto is 'A Pace for Everyone'. We are affiliated to the Association of Running Clubs and are a Charitable Incorporated Organisation (CIO) governed by the Charity Commission. We try as much as possible to include all abilities to enable everyone to have an opportunity to enjoy running.

Budleigh Runners work hard to protect the safety and wellbeing of its members by having risk assessments and policies in place. However, members are responsible for their own health and safety and wellbeing whilst running and everyone participates at their own risk.

Information about Club Runs are sent to members by email every week.

Check you are running with a group suited to your pace

- **Beginners or new club members are advised to seek advice about which group will suit their pace. Club runs and groups are advertised weekly in a group email.**
- **If you have concerns about a route, the terrain or run etiquette discuss this with your designated Run Leader**

Running with a group

- **Be prepared to run at the pace of your designated Run Leader**
- **Make your Run Leader aware if you are carrying an injury or returning following an injury**
- **If you are finding the pace too challenging make the Run Leader aware – he/she will ensure that you are able to continue running safely**
- **Please listen and respect the information given to you by the Run Leader**
- **Make the Run Leader aware if you leave the group. The Run Leader can not take responsibility for members who run ahead of the group or leave the group without informing the Run Leader**
- **Be prepared to loop back to the group or wait at a designated place if asked to by the Run Leader**
- **The Run Leader has the option to cancel a Club Run if there are less than three Club Members present**



Safety

- Make sure you warm up before running and stretch following a run – our LiRF Run Leaders have received specific training in this area
- Carry an ICE tag (Park Run bands and tags are recommended)
- Wear clothing and footwear suitable for running. It is recommended that trail shoes are worn on trail runs and uneven surfaces.
- It is strongly recommended that Hi-Viz clothing is worn on all runs in poor light and in the dark. It is advisable to carry/wear a torch
- Headphones are not permitted on Club runs
- Take extra care at road crossings and uneven surfaces and listen to the advice of the Run Leader

Welfare

If you have concerns about the welfare of a Club Member during a run please speak to a member of the Committee.

Happy Running!

Date: 12 December 2023

Review: Annually

DA/members guidelines/V.1/Dec 2023