**Club Runs**

**NOP and EAP**

These procedures cover formal Club Runs only. Other social runs organised by members are not official club runs. Members organising and attending social runs do so at their own risk and may not hold the club responsible for any aspect of these activities.

**Normal Operating Procedure (NOP)**

Club runs will be held at times advertised in advance by the club via the website and club Facebook group(s). Runs will be based on one or more pace groups, depending on group size and run type. Each run group will have a coach or nominated run leader.

On coached runs, particularly junior sessions, permissible ratios must not be exceeded. It is the responsibility of the coach to ensure ratios are not exceeded.

All runners must be a current registered and paid member of Blackwater Tri club

**Running can be dangerous and running is at one’s own risk. Blackwater Triathlon Club recommends members have individual BTF insurance so they have personal cover for their participation in training activities.**

Arrival

The group will leave the nominated start venue on time. Start time is departure time, if you’re late, you miss it!

The coach or run leader will decide the route plan / distance in advance and should publish this when advertising the run. (No debating the route for 10 mins before starting).

Runners must inform the coach or run leader of any injuries or issues that could affect their ability to complete the planned session. The route chosen must be suitable for those club members attending, this is especially important for Junior sessions.

Weather

The run will go ahead in reasonable weather conditions, if there are any weather warnings, or icy conditions the run should be cancelled. The coach or run leader has the last say on if a club run is cancelled.

Kit

All runners must wear suitable running shoes and appropriate clothing for the expected weather conditions. Depending on the run route high vis clothing might be advisable.

Lights should be carried for runs where it could get dark before the run has finished. This is particularly important for routes away from street lighting. Headphones and music devices must not be used.

Suitable drinks are advisable and on longer runs food.

Runners are advised to carry a mobile phone and to swap numbers with fellow runners in case of emergency. The coach or run leader must carry a mobile phone in case of emergency.

Run Etiquette

Runners are expected to follow the Highway Code and be courteous to other road users, at all times, and not bring the Club into disrepute.

If there is no pavement runners should run on the right hand side of the road so they can see approaching traffic. Depending on the route, the group may need to run in single or double file.

The coach or run leader may cancel or modify the run at any time and has final say on all safety issues. *Any grievances or issues can be brought to the committee at a later date to be discussed further.*

**Emergency Action Plan (EAP)**

The coach or run leader must carry a mobile phone.

In case of injury or emergency the coach or run leader should assess the situation and modify the route or call for assistance, as required.

Ideally the group should remain together. If it is necessary for the group to separate is should be in groups of 2+ runners, for junior sessions permissible ratios must not be exceeded when the group separates. A member of each group, with access to a mobile phone, must be identified as responsible for informing the coach or run leader that the group has returned safely to the agreed run finish point.