



IMPORTANT SAFETY INFORMATION

INTRODUCTION

All members and participants in Striders events need to sign a waiver, which amongst other things recognises that participation is at the risk of each person, and that each person needs to obtain their own medical advice prior to participation in Striders sessions. (If you have not signed a waiver yet speak to your trainer asap).

This information sheet provides important safety advice for all participants, please read it and familiarise yourself with all our safety advice. This advice is not a guarantee of safety, it is rather information to help you ensure you are aware of important safety advice.

1. INJURY/ILLNESS DISCLOSURE

If you have an injury or an illness, or are feeling ill you must please inform your session organiser **BEFORE** the session commences. It is better to be safe rather than sorry so we do not recommend continuing with training until you are well or your injury is healed and only after clearance by a medical professional.

If you feel an injury during a training session **DO NOT** continue to run hoping it will go away. Exercise caution first, stop training and go and see a medical professional for advice. Other club members do have valuable advice to pass on but this should never be considered as authoritative.

2. TRAINER LIMITATIONS

Advice on training, discussion about nutrition or injury by trainers is of a general nature and specific advice needs to be obtained from a suitably qualified and registered medical professional.

3 RUNNING IN THE DARK

The following measures will reduce hazards and risks of running at night:

- Wear headlamp (white light) and use flashing red lights. These can be attached to belts, caps, clothes, bottle holders, etc. Make yourself seen and allow yourself to see in front of you with a light with enough strength (lumens).
- Wear bright clothing preferably with reflective qualities.
- Wear reflective accessories such as vests, belts.
- Be aware of cracks in pavement, pathways, and other obstacles commonly found on footpaths and roadways.
- Run on the pavement where possible, against the traffic.
- Do not run with music, and be aware of what is happening around you.
- Cross roads with extreme caution and where possible at proper crossing points.

4. I.C.E. INFORMATION

It is important that whenever you train you have some I.C.E. info in an obvious place (In Case Of Emergency). This should contain critical medical information such as blood group, medical conditions, any medications you are on, and emergency contact info for family/guardian.

5. RUNNING IN DAYTIME

The following measures will reduce hazards and risks of running during the day:

- Wear headlamp (white light) and use flashing red lights on dark mornings. These can be attached to belts, caps, clothes, bottle holders, etc. Make yourself seen and allow yourself to see in front of you with a light with enough strength (lumens).
- Wear bright clothing preferably with reflective qualities.
- Be aware of cracks in pavement, pathways, and other obstacles commonly found on footpaths and roadways.
- Run on the pavement where possible, against the traffic.
- Do not run with music, and be aware of what is happening around you.
- Cross roads with extreme caution and where possible at proper crossing points.

6. COMMUNICATION

Where possible, in sessions where runners/walkers may become separated the use of mobile phones is encouraged, so that we can communicate with each other and ensure all have made it back safely (especially Saturday mornings). We encourage club members to ensure they have relevant contact details of the people they train with (club members are under no obligation to share contact details).

In organised sessions group leaders will count everyone back in but sometimes people may have left early. When this happens phone contact is helpful to check that all is ok. We encourage all club members to exercise care for one another when we become spit up, and never to assume everything is ok, but to check and make sure.

7. NUTRITION & HYDRATION

We encourage club members participating in long distance training sessions to ensure that they have adequate water and also to use on-the-go nutrition such as energy gels and to carry a phone in case of emergency and to help ensure the safety of others.

8. FIRST AID

All recognised session group leaders (Michael Stark, Stan Fetting & Mary Jackson) are First Aid Qualified, plus we usually have medically qualified members such as nurses and doctors at each session. Please report any injury or incident to your group leader.