

# “Our Safety Guidelines”

The Orange Runners Club recommends that caution be taken by members when participating in Club events and activities. In particular, please be aware of and observe the following:

- ✚ Should you have an injury or medical condition, **seek advice** and act on the recommendations of an appropriate medical professional before you participate.
- ✚ Remember to ‘**warm up**’ before and ‘**cool down**’ after a Club event.
- ✚ Always listen carefully to any **safety awareness briefings** held before the commencement of any event.
- ✚ Complete the ‘**sign on**’ sheet for all Sunday runs before the event commences and ‘**sign off**’ once finished so that all participants can be accounted for.
- ✚ Ensure adequate quantities of **water** are consumed prior to, and after an event (the Club provides water at Sunday events).
- ✚ Wear **appropriate clothing** for the weather conditions and apply **sun screen**.
- ✚ Run/walk on the right hand side of roads used by vehicles and on the left hand side of paths used by cyclists and/or pedestrians.
- ✚ If wearing **headphones** please keep to the side of the road / path / track and listen at a volume level that allows you to respond to the sound of approaching runners, vehicles or other hazards.
- ✚ Runners and walkers in **groups** are asked to always leave room for faster runners to pass in either direction without them having to leave the track / path and risk injury on uneven ground (no more than two people abreast on Wednesday events).
- ✚ It is preferred that **dogs** are not brought to events – particularly at Elephant Park and events that utilise footpaths. However, if you bring a dog, please ensure it is kept on a short lead and close by your side
- ✚ **Bicycles** and **scooters** are not permitted by **participants**. People pushing **strollers** (or with small children) are asked to start events at the rear of the group, keep to one side of the road / path / track and maintain their current course if approached by a runner or walker.
- ✚ Make every effort to give way to **members of the public**.
- ✚ If you hear or see a runner or walker approaching behind you, **maintain your current course** without stopping or stepping to one side. The person that is overtaking will then be able to pass you without a collision. **Parents are encouraged to explain and make this known to their children.**
- ✚ Be aware of and warn others of potentially dangerous **animals** (e.g. Snakes, kangaroos, dogs).
- ✚ When you finish an event, **move well away** from the **finish line** to avoid possible collisions with others finishing at speed (parents are asked to advise their **children** accordingly).
- ✚ Club members are asked to look out for and alert others where safety could be improved by observing these Guidelines.
- ✚ A **first aid kit** is available at all events for use if required – immediately inform a member of the Committee if assistance is required.
- ✚ **Photographs** may only be taken at Sunday and Wednesday runs after approval from a **member of the committee.**
- ✚ Should you observe any incidents for which **preventative** measures could be taken - please immediately discuss them with a member of the Committee.

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**“Together we achieve individual goals”**