

KINGS HEATH RUNNING CLUB

As a UKA registered running club, reference 2662914, England Athletics recommend that clubs provide a set of guidelines for runs organised by club members - social runs.

What is the difference between a Club Run and a Social Run?

Club Runs are on a Tuesday at 6.50pm (4 miles and beginners); Thursday at 6.50pm (10k and led or coached training session); Saturday at 10.00am (4 miles and beginners, and Birmingham Half Marathon training over the summer). Club routes are risk assessed – we are finalising these for publication and we will add a link shortly.

They are organised and/or led by runners with a LiRF (Leadership in Running Fitness) or CiRF (Coach in Running Fitness) qualification. In addition to this, club coaches (CiRF) organise coached sessions outside of those times e.g. Saturday Fartlek, Wednesday Track, or at different times of the year - summer Trail Runs or winter Cross-Country Training.

Club runs are posted on the Kings Heath Running Club Facebook page, and then a post with a link will be put on KHRC Community.

Social Runs are runs that happen separately to Club Runs. Runners can post on the Community page to organise a social run with other runners. These runs only appear on KHRC Community. Social Runs must prioritise the health and safety of the runners - just as club runs do. Please follow the guidelines below for what information to include when posting a social run on the KHRC Community Facebook group, and for what to do before and during the run. Please note that runs are for over-18s only.

I'd like to go on a Social Run - what should I do?

- Look out for details of Social Runs posted on the KHRC Community Page - find one that suits you for pace and distance.
- Please note if you run, you run at your own risk. This run is not covered by a qualified run leader/coach and as such the club will not accept any liability for any injury or illness sustained during this session.
- Carry any necessary medication with you (e.g. asthma inhaler) and tell the person organising the run on the day that you are doing so.
- Carry a phone.
- Please consider carrying an ICE card (In Case of Emergency phone number) or having your medical details on your phone's locked screen (examples in the links below):

<https://support.apple.com/en-gb/HT207021>

<https://www.samsung.com/uk/support/mobile-devices/how-do-i-add-medical-information-to-my-lockscreen-on-my-samsung-galaxy-s8-or-s8/>

I'd like to arrange a Social Run - what should I do?

First of all - thank you!

Social runs strengthen our running community and are enjoyed by many. Please read the following to ensure that your run is safe and enjoyable for all participants.

Before the run, post on the KHRC Community page with this information.

KHRC Committee recommend that you include this information:

- State that it is a Social Run
- You **must** include the following statement in full:

*** Disclaimer ***

Please note if you run, you run at your own risk. This run is not covered by a qualified run leader/coach and as such the club will not accept any liability for any injury or illness sustained during this session.

- Give a clear meeting place and time
- Give the route - a clear map or Good Run Guide link or similar, with the distance
- State the pace for the run - offer one pace - please note that if you offer a range of paces, e.g. 8.30-9.30, that by the end of a 6-mile run, there will be a gap of 6 minutes from the front of the group to the back. This range is not possible for one person to oversee.
- Say if there is more than one pace - if so, you will need someone else who knows the route well, and who can run with a pace group
- Stick to the stated pace - and use loop backs or re-groups to keep everyone together
- Is there a tail runner, if so who?
- Say whether there are places on the route to re-group. Do runners know where they are? Who will wait for them? Explain and demonstrate loop-backs if people do not know what they are; when runners reach a pre-agreed landmark, or they cannot see the runners behind them, they re-trace their steps back to the other runners until the group is back together again.

Risk assessment - visibility and environment

- If light is fading, Hi-Vis is necessary - please make sure you are wearing it yourself
- Are trail shoes advisable or necessary?
- Are there any hazards that can be pointed out in advance - e.g. pavement works, wheelie bins?

On the day of the Social Run, when runners assemble:

- How many?
- Anyone new to Club and/or to the area?
- Are they aware of the pace or paces on offer?
- The stated pace must be adhered to - a little slower is ok, but never faster. A sub-10.30 pace is uncomfortable to maintain for 5 miles if a runner was expecting 11.00 minute mile pace
- Check if the runners know the route and places to regroup
- Summarise it if they don't, and ask people who **do** know it to stay with people who don't; if there is one pace, you should stay with them
- Remind runners to run single file when encountering other people on pavements/paths.

Have a good run!

Any questions please contact Barbara Partridge (chair).