



Title: ***Cilles AC Road Running Safety Policy***

Version: ***1***

Revision Date: ***15/5/2014***

Document History

Revision History

Date of this revision: 15/05/14	Date of next revision: 15/05/2015
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Revision Number	Revision Date	Summary of Changes	Changes marked	Revised By
1	15/05/14	First Draft designed to raise awareness to road safety measures	N	GH

Approvals

This document requires following approvals –

Cilles Athletic Club Committee

Name	Title	Approval Date
Graham Hyland	Chairman	15/5/2014
Lorraine Hyland	Secretary	
Éilis Ni Mhurchada	Treasurer	

1. Introduction

1.1. Cilles Athletic club takes the Health & Safety of our members into consideration by providing a road running safety policy that is aimed at minimising risk and ensuring that athletes can run on roads in safe structured manner.

2. New Members, Leaders & Officers

2.1. New members will be identified and briefed on the safety policy and will also be assessed on fitness levels and medical conditions. Additionally new members will be advised and monitored during initial training sessions.

3. Planned Routes

3.1. Members are required to follow instructions of club leaders/coaches at all times and not to deviate from the planned running routes. Members cannot change the planned route and must take the route as specified by the group leader.

3.2. To reduce the risk of isolation or members getting lost, all members in a particular group must run on the same route. A single group cannot take 2 different routes.

3.3. Leaders must make it clear to participants, the route that the session will follow.

4. Running Etiquette

4.1. Participants must use a footpath where available.

4.1.1. Where there is no footpath available participants must run on the right hand side of the road facing oncoming traffic, it's easier to see, and react to, oncoming cars, drivers will see you more clearly too.

4.2. Two abreast.

4.2.1. Members may run at a maximum of two abreast and manoeuvre to single file when encountering traffic or on narrow roads.

4.3. Pretend you're invisible.

4.3.1. Don't assume a driver sees you. In fact, imagine that a driver *can't* see you, and behave accordingly.

4.4. Make room.

4.4.1. If traffic gets heavy, or the road narrows, be prepared to move onto the shoulder/verge of the road.

4.5. Watch the hills.

4.5.1. When drivers crest hills, their vision can suddenly be impaired by factors like sun glare or backdrops, so be prepared to react.

4.6. Beware of high-risk drivers.

4.6.1. Steer clear of potential problem areas like entrances to car parks, shops, bars, and restaurants, where there may be heavy traffic. Slow down and walk if you are unsure.

4.7. Watch for inattentive drivers

4.7.1. Some drivers still look at their phones or email so keep your eyes peeled and be extra careful if a driver starts to drift on the road.

4.8. Mind your manners.

4.8.1. At a junction, wait for the driver to wave you through—then acknowledge with your own polite wave. That acknowledgement will make the driver feel more inclined to do it again for the next walker or runner. Use hand signals (as you would on a bicycle) to show which way you plan to turn.

4.9. Identify yourself.

4.9.1. Run with proper ID and carry a cell phone with emergency contacts

5. Visibility

5.1. High visibility clothing must be worn when running on roads. Ensure that drivers have no reason to not see you, the brighter the clothing the safer the sessions will be for all runners. Members will not be allowed participate in road runs without appropriate high visibility clothing.

6. Listen & Warn

6.1. Runners should be listening for oncoming traffic and for warnings of traffic from other participants in the group. If you hear or see traffic you must alert the rest of the group shout loud “CAR”.

6.2. MP3 players, iPhone’s & Headphones etc. are not permitted on runs. Runners need to listen and to be alert and attentive when running on the roads.

7. Running in Groups

7.1. Groups have been created for many reasons and one in particular is to keep runners of the same ability together when running on roads. Be aware of runners that could possibly find themselves isolated if running faster or slower than the rest of the group.

7.2. Time on your feet is the main purpose of many road running sessions not speed so keeping the runners together in a group ensures that everyone gets to run for the same period of time as well as keeping everyone safe.

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- 7.3. Remember the social aspect to running in a club is just as important as the competitive aspect so please be aware that many runners run with a group simply to be part of a group, keep this in mind if you feel that your group is becoming broken and runners become isolated.
- 7.4. Group leaders have the responsibility to keep the group together for the duration of the run please respond to the group leaders when asked to slow down.