



COMPTON HARRIERS RUNNING CLUB SAFETY & ETIQUETTE ON CLUB NIGHTS



- ❖ **Wear something of light colour & a reflective / illuminated item**
- ❖ **Dress appropriately for the possible weather conditions**
- ❖ **Follow the run-back system** (see below) which ensures:
 - ▶ With a small group running a relatively long distance, nobody is left alone for too long.
 - ▶ Everyone runs at their own pace for a workout appropriate to their ability/requirements.
 - ▶ Everyone can continue running, with no reason to stop and get cold.
 - ▶ There is mutual respect between runners of varying abilities.
- ❖ **'Run-back' basics**
 1. Lead runners choose a point at which to turn back. (Usually a junction, bridge, signpost, gateway or other marker).
 2. They turn right-handed and run back towards the tail ender passing other runners right shoulder to right shoulder (giving way to outward runners if necessary).
 3. All mid-field runners run on to the chosen turn back point before turning right handed back towards the tail.
 4. Everyone continues running right handed loops, between the turn back point and the tail-ender, until the tail-ender reaches that point.
 5. At this point the tail-ender should not turn back to any of the other runners, but should lead on to the next part of the route.
 6. If the to-and-fro' running activity is likely to cause congestion, impede runners or confuse road traffic, then it should take place elsewhere (e.g. side roads or off-road tracks) other than on the route.
 7. This routine continues throughout the route and back to the starting point where, as a courtesy, the group should run back to (and stay behind) the slowest runner until they reach the end.