



Founded 1984

Affiliated to England Athletics (Affiliation No: 2657783)

# **Club Running Rules**

**(To be read in conjunction with the Club Risk Assessment)**

## **References:**

- Any reference hereafter in these rules to the members/runners shall be deemed to mean fully paid-up Club members.
- Any reference hereafter in these rules to the Club shall be deemed to mean Chase Harriers Road Running Club.
- Any reference hereafter in these rules to committee members shall be deemed to mean an elected member of the Chase Harriers Committee or their nominated general club member.

## **People Covered by Assessment:**

- All fully paid-up club members taking part in structured training runs organised by the committee of Chase Harriers Road Running Club.

## **Limitations of Assessment:**

- These rules are limited to structured training sessions on designated days and times determined by the Club.
- If members bring children or visitors to training runs they will be responsible for the welfare and safety of their own children/guests. The club cannot accept any liability or responsibility for these people.

## **Location:**

- Only venues pre-determined by the club for the purpose of carrying out training runs.

## **1. Rules:**

- 1.1. Runs from both the Base and over Cannock Chase are usually structured, pre-determined distances decided beforehand by designated members of the club. The routes are communicated prior to the run and where possible are posted on the Club's social media platforms or website beforehand.
- 1.2. From time to time running groups may decide to carry out an 'ad hoc' run that is not a pre-determined route. If this is the case, the group must ensure all runners within the group are in agreement and kept within sight during the run with periodic mustering stops to ensure the group can reform and ensure everyone is confident they are happy to continue with the route.
- 1.3. To ensure the safety of participating runners, regardless of location, members are encouraged to sign a 'Run Register' prior to the start of each run and then sign out on the conclusion of that run.
- 1.4. Designated members of the Club are charged with ownership of the Run Register and will ensure participating Club members have returned to base safely. Members not signing back following a run will be contacted by mobile phone to ensure they are safe.
- 1.5. Members taking part in runs outside the distances designated at the training session may contact the designated Run Register member by pre-determined methods (social media or mobile phone call/text) to sign back in.
- 1.6. Members who choose not sign the run register run do so at their own risk and discharge the Club of their Duty of Care towards that runner. The designated Run Register member has no responsibility to make contact that member at the end of the run.
- 1.7. Where possible during main runs, 'Lead Runners' with knowledge of the routes will ensure a system of mustering is employed to ensure runners are not left isolated or unintentionally left lone running.
- 1.8. It is assumed that runners undertaking training runs with the Club understand the route as communicated.
- 1.9. Whilst running at organised sessions, members are reminded of their obligation to conduct themselves with due care and attention to other road or trail users. Care must be taken towards other pedestrians, vehicles, cyclists, horse riders etc. Runners should not endanger themselves, other Club members or members of the public with their actions.

- 1.10. Members are responsible for organising themselves into groups according to required distance/pace.
- 1.11. A group Run Leader must be nominated to be responsible for making sure everyone in the group stays together, agreeing the route with other group members and ensuring all members complete the route safely.
- 1.12. If possible the Run Leader will ensure someone runs with the slowest member of the group to ensure they do not fall too far behind.
- 1.13. Runners must make sure at least one person in the group has a mobile phone with them in case of emergencies.
- 1.14. Runners are encouraged to carry a **'please call this number if incapacitated'** bracelet/card.
- 1.15. A list of members who carry a mobile phone with them on training runs together with contact details will be available to nominated club members.
- 1.16. The club will adopt 'What Three Words' as a means of locating any member who is injured and cannot move from accident site.
- 1.17. Nominated club members will carry a First Aid kit in their car for members' use. A list of members with a first aid kit will be made known to all members.
- 1.18. If a member injures themselves or becomes unwell and cannot complete the training run but remains mobile, a member of their running group will be nominated to return to base with the injured runner.
- 1.19. The club will compile a list of members with First Aid certification and this list plus contact details will be issued to nominated run leaders.
- 1.20. A nominated committee member will be responsible for ensuring there are sufficient first aiders and their certification is up to date together with the club's first aid kits.
- 1.21. A nominated committee member will be responsible for ensuring Run Leaders and/or nominated runners are provided with an emergency foil blanket to be carried during training runs.
- 1.22. Occasionally club members bring their dogs on training runs. Whilst this is permitted, only well trained, obedient dogs are allowed. Owners are expected to keep their dogs under control at all times and if possible run behind the main group to prevent to dog becoming a trip hazard to other runners or members of the public.

## **2. Winter Running:**

- 2.1. Whilst running in darkness and/or limited visibility members must wear hi-vis reflective materials (e.g. armbands, sashes, waistcoats, jackets, footwear), so they may be seen by traffic and other people using the roads/trails.
- 2.2. During hours of darkness runners are encouraged to wear front running lights/head torches and/or red rear lights to aid visibility to other road/trail users.
- 2.3. Members must wear appropriate footwear suitable for the weather conditions and terrain they are running on.
- 2.4. Members are responsible for the condition of their footwear ensuring they are functional, do not have holes in uppers or soles, the grip of the soles is sufficient and suitable to run on and there isn't any breakdown between sole and upper and there are no trailing laces or other attachments.
- 2.5. Members are responsible for ensuring they wear weather-appropriate clothing to suit their own personal needs.
- 2.6. If inclement weather is encountered just before a training run is due to start Run Leaders/committee members may make the decision to cancel the official run. If this is the case, any runner continuing with the run will be responsible for their own safety and welfare.
- 2.7. If inclement weather is encountered during the run, Run Leaders will, with consultation with their individual group make an assessment of the situation and decide whether to carry on or abandon the run and return to base.
- 2.8. If freezing weather conditions or ice is encountered before a training run, Run Leaders/committee members may make the decision to cancel the official run. If this is the case, any runner continuing with the run will be responsible for their own safety and welfare.
- 2.9. If freezing weather condition or ice is encountered during the run, Run Leaders will, with consultation with their individual group make an assessment of the situation and decide whether to carry on or abandon the run and return to base.

### **3. Summer Running:**

- 3.1. Members must wear appropriate footwear suitable for the weather conditions and terrain they are running on.
- 3.2. Members are responsible for the condition of their footwear ensuring they are functional, do not have holes in uppers or soles, the grip of the soles is sufficient and suitable to run on and there isn't any breakdown between sole and upper and there are no trailing laces or other attachments.
- 3.3. Members are responsible for ensuring they wear weather-appropriate clothing to suit their own personal needs.
- 3.4. Members are responsible for ensuring they take their own suitable precautions against contracting heatstroke or sunburn whilst running during hot and sunny weather.
- 3.5. Members are responsible for ensuring they remain hydrated during hot weather. If necessary they can carry suitable forms of hydration with them during the training run.

### **4. Road Running:**

- 4.1. Road training routes are on public roads and footpaths. Runners must always show due care and consideration for other users of public footpaths and give way to other pedestrians where possible. Runners are expected to observe the rules and guidance of the Highway Code while on the public highway.
- 4.2. When running past oncoming pedestrians let them know your intended path and do not weave across the footpath. If pedestrians appear confused and unsure which side of the footpath to walk, stop running until they have passed.
- 4.3. If the footpath is narrow give way to pedestrians and let them pass you before continuing you run.
- 4.4. When overtaking pedestrians on footpaths from behind, leave plenty of room for them to suddenly change direction and where possible shout a warning that you are approaching.
- 4.5. If there is the necessity to step into the carriageway to overtake pedestrians, check there are no vehicles approaching from either directions before negotiating the carriageway.

- 4.6. If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and be prepared to run in single file, especially on narrow roads, keep close to the side of the road, do not weave along the carriageway.
- 4.7. When approaching a junction or traffic island look both ways and ensure there is no approaching traffic. Be prepared for vehicles to turn across your path without signaling or stopping.
- 4.8. If a vehicle is waiting at a junction or traffic island, if possible, cross the road behind the waiting vehicle to avoid the possibility of a collision.
- 4.9. When crossing roads, if possible do so at designated crossing points such as subway, a footbridge, an island, a zebra, pelican, toucan or puffin crossing and follow the Highway Code procedures when using them.
- 4.10. If none of the above are available, choose a place where you can see clearly in all directions. Try to avoid crossing between parked cars, on a blind bend, or close to the brow of a hill. Move to a space where drivers and riders can see you clearly. If possible do not cross the road diagonally.
- 4.11. At a Zebra crossing, give traffic plenty of time to see you and to stop before you start to cross. Vehicles will need more time when the road is slippery. Wait until traffic has stopped in both directions and the road is clear before crossing. Remember that traffic does not have to stop until someone has moved onto the crossing. Keep looking both ways, and listening, in case a driver or rider has not seen you and attempts to overtake a vehicle that has stopped.
- 4.12. Where there is an island in the middle of a zebra crossing, wait on the island before you cross the second half of the road - it is a separate crossing.
- 4.13. Where there are pedestrian barriers, cross the road only at the gaps provided for pedestrians. Do not climb over the barriers or walk between them and the road.
- 4.14. When crossing dual carriageways, if possible do so at designated crossing points. Do not cross where there are barriers separating the carriageways.
- 4.15. If you have to cross between parked vehicles, use the outside edges of the vehicles as if they were the kerb. Stop there and make sure you can see all around and that the traffic can see you. Make sure there is a gap between any parked vehicles on the other side, so you can reach the pavement.
- 4.16. Never cross behind a vehicle which is reversing, showing white reversing lights or sounding a warning.

- 4.17. In a residential area be aware of vehicles entering/exiting private drives. If possible stop and wait until they have entered or exited the driveway.
- 4.18. If a pavement is closed temporarily because it is not safe to use do not run around any barriers into the unsafe area. Take extra care if you are directed to walk in or to cross the road.
- 4.19. Although paved footpaths are maintained by the local authority, they can become uneven or develop potholes. Runners are expected to take care if the surface appears uneven or covered by water. If you are running in a group and come across uneven or damaged paths warn others behind you of the danger they are approaching.

## **5. Trail Running:**

- 5.1. Training routes are predominantly 'off-road' on public access tracks, paths or bridleways with some tarmac roads and footpaths. Runners must always show due care and consideration for other users of public footpaths and give way to other walkers where possible. Runners are expected to observe the rules and guidance of the Highway Code while on the public highway and abide the Countryside Code when on trails, tracks and bridleways.
- 5.2. Tracks and trails across Cannock Chase are 'unmade' and uneven with rises, dips, holes, raised tree roots, loose stones and other obstacles that can cause trip hazards. There are overhanging tree branches below normal head height, also brambles, hawthorn and gorse bushes all with sharp barbs at low level. Runners must be on their guard at all times and run at a pace that allows them to negotiate the above hazards as safely as possible.
- 5.3. Run routes will adhere to recognised tracks, paths, deer tracks or bridleways. Do not deviate from these paths or attempt to form a path where one does not exist.
- 5.4. Deviating away from recognised tracks into the undergrowth may result stumbling into a 'sink hole' or collapsed mine shaft. These can be deep and dangerous and cause serious injury to unsuspecting runners.
- 5.5. Around the Chase there are small areas fenced off with split hazel and wire fencing. These areas are usually guarding sink hole or collapsed mine shafts. Under no circumstances should runners climb these fences or gain access to the site as these areas are extremely dangerous and serious injury could occur if the ground gives way.

- 5.6. There are numerous designated mountain bike tracks running across Cannock Chase. No organised route will run along designated mountain bike trails, these marked trails are for mountain bikes only with absolutely no access for people on foot.
- 5.7. From time to time running routes will cross designated mountain bike trails at crossing points and although cyclists should give way to people on foot, runners must be prepared to stop to allow mountain bikes to cross.
- 5.8. The Countryside Code states that cyclists must give way to walkers/runners and horse riders on bridleways. Cyclists and horse riders should respect walkers/runners safety, but runners should also take care not to obstruct or endanger cyclists, walkers or horse riders.
- 5.9. When running past oncoming walkers or cyclists let them know your intended path and do not weave across the path. If they appear confused with your intended path, stop running until they have passed.
- 5.10. When encountering horses, runners are expected to slow down (or stop) until they have passed. Do not make any sudden movements or frighten the horses. Give them plenty of room to pass and be aware of horses kicking out or becoming uncontrollable as they will become a danger to runners.
- 5.11. When overtaking walkers, cyclists or horse riders on tracks or paths from behind, leave plenty of room for them to suddenly change direction and where possible shout a warning that you are approaching.
- 5.12. Be aware of walkers with dogs, either on or off the lead. Give them plenty of space when passing as their dog(s) may either trip runners up or possibly bite anyone that startles them.
- 5.13. Certain routes will either cross or run along public roads. The usual Highway Code rules and guidance must be adhered to. If possible cross straight across roads after first checking both ways for approaching traffic.
- 5.14. There are no footpaths along the highways running through Cannock Chase and where routes require runners to run along sections of the highway do so on the right hand side of the road, in single file and if possible step off the carriageway if a vehicle approaches.
- 5.15. Certain areas of Cannock Chase have livestock roaming within fenced areas with public access via gates. Runners must ensure they enter and exit these areas by the designated gates only.



- 5.16. When negotiating enclosure entrance/exit gates as a running group ensure that a member of the group is responsible for opening and closing the gate when the group has gone through.
- 5.17. Do not climb stock fences or other fences to gain access to tracks. Routes will not take runners through restricted or prohibited areas such as commercial working quarries, nature reserves or private farms.
- 5.18. If a route crosses a stock field which contains livestock, Run Leaders will consult members of their group to ensure everyone is happy to negotiate the area. If anyone feels unsafe crossing the area, the route may be altered to omit the field.
- 5.19. If all runners are happy to traverse a stock field with livestock in, give the animals plenty of space, their behavior can be unpredictable, especially when they are with their young. Do not stop to pet or feed livestock as it can cause them or runners harm.
- 5.20. As well as fenced livestock, Cannock Chase is home to a number of wild animals such as deer, birds, snakes and other mammals. It is unusual to come face to face with a wild animal or snake as they will detect the presence of humans and hide.
- 5.21. A startled deer may bolt across a track and hit a runner causing harm to the runner. During the rutting season a stag may charge at a runner or group of runners again possibly causing injury.
- 5.22. If a runner disturbs an adder (Common European Viper) they may bite. The effects of the bite are very unpleasant but easily treated. However, adder bites are potentially very serious and should not be under-estimated. In a small proportion of cases, adder bite can lead to severe effects requiring extensive hospital treatment. Although exceedingly unlikely, adder bite can be fatal.
- 5.23. As trail or off-road running may take place all year round, inclement weather conditions could prevail. Runners must take into consideration guidance in Section 2 of these rules before attempting a run.
- 5.24. High winds can from time to time cause damage to trees by either felling them or causing large branches to fall across tracks or trails. Run Leaders must be aware in high winds of these hazards and take into consideration local information available as to any areas of closure by the Local Authority or Forestry Commission. Run Leaders may decide to either not attempt a run or abandon a run in progress if they consider the wind to be dangerous. As stated previously any runner that continues with the training run in these conditions does so at their own risk.

- 5.25. From time to time, logging and forestry works take place over Cannock Chase. Logging operations may take place in areas included in training runs and may restrict or block designated trails or paths. Runners must abide by signage/barriers provided by the forestry contractors and if necessary Run Leaders may alter the route to omit the area of operation.
- 5.26. Once an area that has been de-forested is deemed safe to access, runners must be aware of hazards left by the forestry contractors. Large items of plant used to fell trees may cause tracks to be churned up and extremely muddy causing trip hazards deep water-filled ruts and slippery conditions. Small tree branches and pieces of timber may be strewn across the track again causing trip hazards.
- 5.27. If log stacks are left beside trails or tracks do not attempt to climb on or over them as they may become unstable and collapse causing injury to that person.
- 5.28. Over-used tracks or paths may from time to time be closed by either the Forestry Commission or Staffordshire County Council to let them recover from erosion. Runners must abide by diversion signs and barriers and Run Leaders may alter the route if a track is closed.
- 5.29. During periods of high rainfall tracks may become flooded, muddy and therefore slippery. Care must be taken where tracks are flooded as they may hide trip hazards or deep holes under the surface. If necessary Run Leaders may alter the course to miss out potential hazardous flooded tracks.
- 5.30. Around the Chase there are a number of watercourses, pools and ponds. Some of the pools are deep and treacherous with steep sides. The water is cold even in summer months and runners should not attempt to enter the water for any reason. If a runner inadvertently falls into a pool then emergency services should be summoned immediately. If there are sufficient people available a rescue may be attempted but only if it is safe to do so.
- 5.31. In several watercourses there are crossing places via stepping stones. Although the water in these streams is normally shallow, using the stepping stones to cross the watercourse may result in runners slipping and falling in the water possibly causing injury. In flood conditions during or following heavy rain, watercourses may swell and this may cause the stepping stones to become unstable. In these conditions care must be when traversing the stepping stones as runners may slip and injure themselves. Each runner must assess if they are capable of using the stepping stones with other members of the group assisting to traverse safely.

5.32. During summer months, Cannock Chase is home to insects that may bite humans. Bees, wasps, mosquitos, horseflies, ticks, midges etc. are all present on the Chase. Most insect bites and stings are not serious and will get better within a few hours or days. Occasionally they can become infected, cause a severe allergic reaction (anaphylaxis) or spread serious illnesses such as Lyme disease. Runners are therefore advised to follow NHS guidance on prevention and treatment of bites.