

Woodstock Runners – Safety

The weekly courses that are followed by Woodstock Runners make use a variety of public roads, footpaths, parks and the like. In Winter especially, running can occur at night.

If you are a current, registered member of Woodstock Runners, or are running with the Club as part of a limited 2-week trial (and have provided your details in order to join that 2-week trial), then while you are running with the Club at a regular Club event (Tuesday, Thursday, Saturday), you are covered by the Club's insurance policy.

At each regular Club event (Tuesday, Thursday, Saturday) where you intend to participate, and where it is practical to do so, it is recommended that you let the Run Convener know that you will be participating. The Run Convener is the nominal leader of the event. If you do not know who the Run Convener is, ask one of the other participants. The Run Convener can provide advice on the running of the event (such as the course being followed, changes to the course if any) and can also provide an opinion whether or not you should participate in the event (for example, based on a discussion of the level of fitness likely to be required to participate; for example, whether your running gear is appropriate for running at night). The Run Convener will where practical also provide notice to participants that the run is about to commence.

At each regular Club event (Tuesday, Thursday, Saturday) where you intend to participate, please also make sure that your attendance is logged, there will usually be a list of Woodstock members, you should ensure that your attendance is noted on the list. If you do not know where the list is, ask one of the other participants.

If you participate in a Club event, Woodstock Runners ask that that you consider the following hazards and associated risks, when you run with us – and then you should make your own assessment of whether you are happy to run. These lists are not exhaustive, so when making your assessment, you should also think about what other potential hazards and associated risks might exist when running with the Woodstock Runners.

HAZARD	RISK	SUGGESTED CONTROLS
<i>Where (part of the) the running course is on a roadway - trucks, buses, cars, motorbikes, bicycles etc.</i>	Injury as a result of being hit by a vehicle	<ul style="list-style-type: none">• Avoid running on the road• Be circumspect - look around• Listen for approaching vehicles – it is recommended to not wear earphones or the like when running• Dress to be seen; at night this means<ul style="list-style-type: none">○ no dark clothing

		<ul style="list-style-type: none"> ○ consider wearing reflective items ○ consider carrying a torch or other light ○ run where the road or path is best lit ● Give way to vehicles ● Cross roads at designated crossings, obeying walk/don't walk indicators where they are used ● Let others with whom you are running know if a vehicle is approaching ● Stop running if you have to / where courteous to do so ● Follow the directions of Police or other authorised persons where they are present e.g. if there is some sort of road closure or if a detour is required
<i>Where (part of the) the running course is on a footpath, in a park etc. - Pedestrians</i>	Injury as a result of collision with another person	<ul style="list-style-type: none"> ● Be circumspect - look around ● Listen for approaching pedestrians – it is recommended not to wear earphones and the like when running ● Dress to be seen ● Give way to pedestrians where needed / courteous to do so ● Observe protocol e.g. keep to the left, if this helps to make your movements expected / predictable ● Let others with whom you are running know if pedestrian is approaching or if you are approaching pedestrians ● Stop running if you have to / where courteous to do so
<i>Where (part of the) the running course is on a cycleway, in a park etc. – cyclists, scooters etc.</i>	Injury as a result of collision with a bicycle, scooter or the like	<ul style="list-style-type: none"> ● Be circumspect - look around ● Listen for approaching bicycles e.g. the sounding of a bell – it is recommended not to wear earphones and the like when running ● Dress to be seen ● Give way to cyclists where needed / courteous to do so ● Observe protocol e.g. keep to the left, if this helps to make your movements expected / predictable ● Let others with whom you are running know if cyclists are approaching or if you are approaching cyclists ● Stop running if you have to / where courteous to do so
Dogs and other animals	Being bitten or chased	<ul style="list-style-type: none"> ● Be circumspect - look around ● Listen for approaching animals e.g. the sound of a barking dog – it is

		<p>recommended not to wear earphones and the like when running</p> <ul style="list-style-type: none"> • Keep some distance between you and the animal/s • Avoid making gestures or movements that might be interpreted as hostile or threatening to the animal or its owner/s • Let others with whom you are running know if an animal is approaching or if you are approaching an animal • Stop running if you have to / where courteous to do so • Where running with others, run closely together – this may confuse the animal and/or discourage it from attacking • Request assistance from the animal's owner/s or other passers-by if needed
Trip/Slip Hazards – uneven footpath, road, track etc.	Fall causing injury	<ul style="list-style-type: none"> • Avoid running on uneven and/or wet surfaces • Be circumspect - look around • Anticipate trip and slip hazards; at night this means <ul style="list-style-type: none"> ○ consider carrying a torch or other light to help you see / scan the path in front of you ○ run where the road or path is best lit • Let others with whom you are running know if a trip/slip hazard is approaching, so that it might be avoided • Stop running if you have to / where courteous to do so • Specific to Thursday Night Track - make your own inspection of the track (e.g. during warm up) – let others know if you find anything that might be a hazard then remove or control the hazard – don't run if the hazard presents a significant risk
Pre-existing health condition	Worsening of the condition, injury or illness through over-exertion relative to your state of health	<ul style="list-style-type: none"> • Don't run if you are feeling unwell or have been feeling unwell recently • Obtain prior advice from a doctor on whether you should be running at all • Consider scaling back your effort e.g. walk instead of run; run slower; run for a shorter distance
Becoming separated from other runners – running in isolation	Distress caused by being lost / alone in unfamiliar territory; perceived threat to safety as a result of being alone	<ul style="list-style-type: none"> • Run with others • Before running, become familiar with the course by studying the course map • Take a copy of the course map with you • Don't leave others behind • Plan to run with others who know the course and who run at a similar pace as

		<p>you</p> <ul style="list-style-type: none"> • If you become lost / feel threatened, ask for assistance from people in the vicinity • If you become lost / feel threatened, use a public phone to contact someone • If you become lost / feel threatened, run towards a busy, well-lit area
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Please note that Woodstock Runners have designated First Aid Officers who may be able to assist if an injury occurs. Please note that a First Aid Officer may not be available at each regular Club event (Tuesday, Thursday, Saturday), you should make your own enquiries to determine if a First Aid Officer is present.

Finally, when you put on the Woodstock Runners T-Shirt or singlet, we ask you to think of yourself as an ambassador for the club – please show appropriate respect when interacting with the community through which you are running, we are all part of it.