

Berowra Bushrunners



Running Safety

This document summarises the key points relevant to all Berowra Bushrunners runs, including regular Sunday morning runs, monthly handicaps, and annual events such as King of the Mountain, Urban Rogaine, etc.

It is important to understand the responsibilities of the club and participating runners, especially in the event of a runner becoming injured or lost.

Ages

All runners must be aged 18 years or over. Any runners younger than 18 years must be accompanied by a parent or guardian. The Club does not provide guardians.

Club Responsibilities

The Club provides an annual calendar of runs and detailed maps are provided on the Club website. The maps and written instructions may not always reflect the exact route as changes to the course through council work, change of traffic conditions, natural causes, and random events are not always detected before the run itself.

If a runner is injured or lost, a Committee Member should be notified immediately. We recommend storing two committee member's mobile numbers in your mobile phone (provided in your Club 'welcome' email).

Runner Responsibilities

All runners (members or visitors) who start and participate in any organised run do so in understanding of their responsibilities as detailed here:

1. Visiting runners must have completed the Non-Member Waiver Form (<https://berowrabushrunners.com/about-bbr/non-member-waiver-form/>)
2. If new to running, review 'Where should I start?' (<https://berowrabushrunners.com/about-bbr/where-should-i-start/>)
3. Prior to the run, review the course map (<https://berowrabushrunners.com/maps/>)
4. If you are unfamiliar with the course or new to trail-running, make yourself known to a fellow runner/s. We recommend you 'buddy up' with another runner of similar ability. Stay with your buddy until the run finishes to ensure no one is left behind or becomes lost.
5. If you become lost or injured, stop and retrace your steps until you are back on the course and wait for another runner. Please be aware that there is no official 'sweeper' (runner at the back of the pack).

6. If someone is injured, please stop and offer assistance.
7. All regular Sunday runs finish at Warrina Street Oval, Berowra Heights. If you are not finishing at Warrina Street Oval (e.g. taking a short-cut home or running further) please advise another runner/s in advance.
8. Wear appropriate, well-fitting running shoes with decent tread. Tracks are often technically-challenging with rough terrain and loose rocks.
9. Recommended items to carry on runs:
 - Identification (an expired Drivers Licence is ideal) together with home phone number, blood group, allergy details, etc.
 - Minimum 500mls of fluids (500mls per hour)
 - Mobile phone
 - Compression Bandage suitable for treatment of snake bite (NOT a standard crepe bandage)
 - Safety whistle
10. Abide by all NSW road rules as applied to pedestrians on public roads. In particular:
 - Use the footpath whenever possible.
 - If it is necessary to use the road, run on the right-hand side facing oncoming traffic. No more than two abreast and preferably single-file.
 - Obey ALL traffic rules. Cross the road at right angles and use pedestrian crossings if available. Ensure visibility in both directions. NEVER cross against a red light at a signaled intersection.
 - Never assume that a driver has seen you. Attempt to make eye contact and accept and acknowledge courtesy given.
 - Be wary of cyclists, who frequently cannot be heard, and many of whom use the wrong side of the road. Do not change direction without checking.
 - Never use headphones while running on the road
 - In the dark or rain, wear a high-visibility reflective vest or attach reflective tape to arms and upper body.
11. For **Berowra Bushrunners Members**, additional responsibilities include:
 - Ensure that your membership information in our club database is current and includes an emergency contact name and phone number.
 - Where possible wear a Berowra Bushrunners shirt/singlet, as it is much easier to describe to anyone searching for a missing runner to look for the Club maroon and white.