



## Duty of Care

The Health & Safety of all squad members, training partners & fellow competitors is of primary concern to the GaleForce Running Squad. The following guidelines are to be adhered to by all squad members, training partners & fellow competitors. Copies shall be available at all training sessions.

- Run / Walk **NO** more than two (2) abreast;
- Give way to traffic at all times;
- Obey **ALL** directions / instructions given by the coaching staff;
- Obey **ALL** road rules, traffic regulations and not interfere with traffic;
- Run / Walk on the extreme left-hand side of the road, track, footpath or other designated course unless directed otherwise by the coaching staff;
- Show courtesy & care to ALL other path users, they also have a right of access to the road, track, footpath or other designated course that we may also be using;
- Night lights, light coloured clothing and / or reflective material are **COMPULSORY** for the Mt. Cootha hill session (Thursday) & other sessions as advised by the coaching staff. Failure to have this equipment will result in the squad member not being able to take part in this session/s;

As a squad member, I have been advised:

- ✓ To wear light coloured clothing, a night light or reflective material when training (this does not matter what time of the day);
- ✓ To adequately hydrate – before, during & after each training session with a combination of both water & sports drinks;
- ✓ To report any injuries, illnesses, pregnancies or other problems before taking part in any training session to the coaching staff. I will take the advice of the coaching staff, should I not take this advice, it will become my own responsibility;

Running 'Call Signs':

- ❖ "Bike Back" – means a cyclist or group of cyclists are approaching from the rear;
- ❖ "Bike Up" – means a cyclist or group of cyclists are approaching from the front;
- ❖ "Runner Up" – means a runner or walker the group is approaching, before passing check ahead & behind before moving around this person or group making sure it is safe to do so;
- ❖ "Keep Left" – means a call to your fellow squad members & training partners when they are drifting off course;