



## **Athletics Ontario Community Running Group Safety Guidelines**

**The following safety measures and community expectations are to be reviewed by, and agreed to, all participants:**

Health: Participants shall not attend a group run / event if they are ill or injured, or know themselves to have been exposed to an ill person

Awareness: Participants shall respect and obey traffic signs; only cross roads at legal crossings; avoid noise cancelling earphones; respect other pedestrians and traffic; make eye contact with drivers when crossing roads; use sidewalks and trails, or when running on the road, face traffic and run no more than two abreast

Visibility: Participants shall wear reflective gear and flashing lights/headlamps during dark hours

Respect: Participants shall display respect for themselves; one another; the host venue (when applicable); guests/partners of events (when applicable); Municipal, Provincial and Federal laws; the general public; and the natural environment.

Furthermore, participants will abstain at all times from the following behaviours:

Harassment; abuse; discrimination; hate speech; littering; intentional damage to property or reputation

**The following organizational safety measures are to be employed by, and adhered to, Event Leader(s):**

Communication: Leaders shall communicate the start and expected finish time(s) for the run; communicate Emergency Action Plan (EAP\*) in the unlikely case of emergency; Run Leader(s) shall carry a cell phone with them at all times during the event and shall be easily reachable

Route: Leaders shall preplan and communicate route(s) prior to the event/run, including safe road crossings; note potential hydration areas; confirm expected paces for each participant

Attendance: Leaders shall have a method of tracking who is attending; plan a buddy system – leave no one behind

Weather: Leaders shall monitor weather on the day and prepare to adjust route, or cancel, for inclement weather

\*Emergency Action Plan (EAP): Should a participant experience an injury or fall ill during the event, either the participant, their Run Buddy, or a Run Leader shall contact 911, local emergency services, and/or the Run Leader(s) / Host Venue for assistance

**AGREEMENT:**

I understand that participation in this group activity carries potential risks. I will not enter and participate in any group activity unless I am medically able and properly trained, and I assume all personal risk by willingly participating in running events. By my signature, I certify that I am medically able to perform in this group activity and I am in good health and I am properly trained. I agree to abide by all rules of the group activity. I attest that I have read the rules of the group activity and agree to abide by them.

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First and Last Name (Printed)

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Signature

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Date (MM/DD/YY)