

SCOTTISHATHLETICS VIRTUAL CHALLENGES **SAFETY**

All participants must be responsible for their own safety and as a minimum should adhere to the following suggestions, particularly if running alone –

- Plan your route in advance
- Let someone know when you expect to be back – contact them to check in when you return
- All participants should carry an ICE (In Case of Emergency) card with your name, address, any medical information and an emergency contact number.
- As per UKA Road Running Rules athletes must NOT run with Headphones
- As per UKA Road Running Rules athletes must NOT run with dogs or buggies.

Virtual Running Challenge Series - Code of Conduct and Expectations

All participants in any **scottishathletics** Virtual Running Challenge Series event are expected to abide by the following code of conduct:

Should government guidelines be changed at any time, changes will be immediately implemented to any virtual challenges, including suspension of activity if required.

Routes

All routes should be:

- planned in advance
- within easy reach of the participants home or training venue – do not drive to popular routes
- planned according to your ability and current level of fitness – flat, hilly, technical etc.
- risk assessed by the runner and/or coach

Runners are expected to conduct a dynamic risk assessment whilst planning their route to include:

- condition of paths and trails – avoid areas in a poor state of repair
- width of paths and trails for respecting 2m (minimum) physical distancing guidelines
- time of run, to consider peak times of use – avoid, if possible, popular times such as lunchtime and early evening.
- if running at night, consider lighting of route and wear suitable clothing.
- consideration of local residents and businesses that require access and use of areas along the route.
- expected weather conditions and the impact this may have on your route or your own safety. All Virtual Challenge events have a time-period of 2 or more days, so poor weather conditions should be avoided wherever possible.

The Run

- Virtual runs may be completed on your own or with an organised group, ie. as part of an organised club training session under the supervision of a UKA licensed coach, but not as an informal run with friends.
- Runs completed on a certified synthetic running track are admissible with the provision that they are:
 - a) supervised by a UKA Licenced Coach
 - b) backed up by suitable GPS data showing full completion of the challenge distance as measured on the track (number of completed laps)
- Young athletes participating in any Virtual Challenge, particularly if doing so on roads, should be accompanied by an adult.
- Make someone else aware of your planned route, as well as your expected start and finish times. Check in with them on returning.
- Provide an emergency contact number to a third party, should your agreed check in time be missed.
- Have an agreed set of actions to be followed, should the return check in time be missed:
 - 10 minutes leeway
 - 15 minutes - text message
 - 20 minutes - phone call
 - 25 minutes - call to third party
 - 60 minutes –contact someone local who can retrace the route from Finish to Start
- Carry an In Case of Emergency (ICE) Card detailing your name, address, details of any underlying health conditions and an emergency contact phone number if running alone.
- Always be considerate to other people, and respect physical distancing guidelines at all times.