A yellow and green logo

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### Avon Valley Runners - Lone Running Policy

**1. Purpose & Scope**

* To promote the safety and welfare of members who choose to run alone (i.e. without a group or buddy) or run-related activities where no immediate support is available.
* Applies to all AVR members at all times when running solo or organising runs where participants may be alone (e.g. personal training, long runs).

**2. Definitions**

* **Lone Running**: Running without another person for company or supervision.
* **Buddy or Group Running**: When runners are accompanied by at least one other person.
* **Hazard**: Any situation or environment that increases risk (e.g., isolated route, darkness, traffic, weather).

**3. Risk Awareness & Assessment**

* Encourage runners to assess the risks before setting out alone (time of day, route familiarity, weather, personal fitness/health).
* Check-ins: let someone know when and where you plan to run, route planned, estimated return time. Consider using sharing apps or tracking.
* Carry suitable equipment: appropriate clothing, hi-visibility gear (especially in low light), mobile phone, water, emergency contact info.

**4. Communication & Check-in Procedures**

* Inform a designated contact (family, friend, or club member) of your route and expected finish time.
* If possible, use wearable tech or apps that share location or track progress.
* Establish what to do if the runner fails to check in (e.g. after expected finish time + some cushion).

**5. Training & Preparation**

* Ensure members are physically prepared: gradually build distance, stamina, awareness of surroundings.
* Prefer daylight or well-lit routes for solo runs. Avoid very isolated trails unless experienced and well-prepared.

**6. Emergency Procedures**

* Carry ID and medical information (e.g., allergies, medical conditions).
* Know what to do in case of injury or emergency: calling emergency services, having a phone with sufficient battery, knowing approximate location.
* For long runs or runs in remote areas, let someone know emergency plan, landmarks, or routes that are easier to communicate location (e.g. grid-references, junctions).

**7. Club Support & Guidance**

* AVR to provide guidance/training on solo running safety (e.g., on club nights or via communications).
* Recommend members join “buddy” or group runs as often as possible.
* Provide maps/routes that are safer for solo runs (e.g. with lighting, less traffic).

**8. Insurance & Liability**

* Ensure that members understand the limits of club insurance (AVR’s policies) with regard to solo running.
* Clarify that by running alone, members accept personal risk beyond what the club can control.

**9. Review & Monitoring**

* Periodically review any incidents or near-misses involving solo running to learn lessons.
* Update policy as needed based on feedback, incident reports, or changes (road safety, local environment etc).