

# Heath Massive Run Club – LiRF Expectations

*These expectations are in place to support leaders, ensure consistency, and keep all members safe.*

## 1. Before the Session

- Arrive in time to **prepare for the session**
- The route should be shared at least **24 hours in advance** where possible
- Complete a **register** at the start
- Check for any **new runners, injuries, or concerns**
- Deliver a **S.A.F.E.R briefing**

### S.A.F.E.R

- **S – Speak up:** Let a leader know about any injuries or niggles
- **A – Aware of the route:** Make sure everyone knows where they are going
- **F – Footpaths only:** Use pavements where possible
- **E – Everyone crosses together:** No one dashing across roads alone
- **R – Repeat loops:** Looping is in play so no one gets left behind

## 2. Group Safety

- Always prioritise the **safety of the group**
- Use looping to keep the group together, **only where it is safe to do so**
  - Avoid **narrow paths, busy roads, or congested areas**
  - **No looping in the middle of the road**
- Where there are multiple leaders, they should **work together from the front and back of the group** to maintain awareness, visibility, and control
- **Always use footpaths where available.** Only use roads where no safe footpath is available
- Leaders should take into account **weather, light, and environmental conditions** and adapt accordingly
- In **low light / winter conditions**, runners must wear **reflective high-visibility clothing and/or appropriate lighting to take part**
- Remain aware of surroundings and adapt the session where needed

### 3. Leader Positioning

- Where there are **2 leaders**:
  - One at the **front** and one at the **back, or**
  - One in the **middle** and one at the **back**, depending on the group and route
- Where there are **3 leaders**:
  - Front, **middle**, and back positioning
- Where there is **1 leader**:
  - Should **generally lead from the back**, ensuring visibility of the group
- Leaders should:
  - **Agree route and plan before the session**
  - **Communicate throughout** to maintain structure and safety

### 4. Keeping the Group Together

- Keep the group **together at all times** — no one left behind
- Looping should be used to support this, where appropriate
- Faster runners may go up to **around 100 metres ahead**, but must **remain within sight of the leader or group at all times**
- Leaders should ensure the group remains connected and no one becomes isolated
- Pace and route should be adjusted where needed
- Leaders should give clear instructions throughout

### 5. Respect and Inclusion

- Treat all runners with **respect and encouragement**
- Create a **supportive and inclusive environment**
- Be clear, fair, and consistent in communication

### 6. Road Crossings

- Use **safe crossing points** (zebra crossings, traffic lights), especially for larger groups
- When using **zebra crossings**:
  - The group should **cross in stages**, rather than waiting for the whole group to arrive, to avoid holding up traffic unnecessarily

- When using **traffic lights**:
  - Wait for the **whole group to arrive before pressing the button**, ensuring everyone crosses together safely
- Avoid splitting the group in unsafe areas
- Address any non-compliance **calmly at the end of the session** unless safety-critical

## 7. If Someone Needs to Leave or There Is an Issue

- It is **encouraged for members to stay until the end of the session**, however they may leave early if necessary, ensuring a **leader is made aware before doing so**
- If there is an incident:
  - Where there are **multiple leaders**:
    - One leader stays with the runner
    - Another continues with the group
  - Where there is **only one leader**:
    - The leader remains with the **group**
    - A suitable **volunteer stays with the runner**

## 8. Role of the Leader

- Leaders are responsible for **safe group management**, not individual performance
- Runners are responsible for choosing the **appropriate pace and distance**
- Leaders should lead with confidence and clarity

## 9. Session Structure & Expectations

- Sessions should follow a **consistent structure** where possible:
  - Briefing (S.A.F.E.R)
  - Warm-up
  - Main session
  - **Cool down**
- It is **encouraged for members to stay until the end of the session**, however they may leave early if necessary, ensuring a leader is made aware