

Safeguarding Policy for Asian Girls Run Club

Asian Girls Run (AGR) is committed to creating a safe and welcoming environment for all members. This safeguarding policy outlines the club's responsibilities and guidelines for ensuring the safety of members during both organised and informal meet-ups.

Scope of Policy

This policy applies to:

1. Official Saturday club runs organised by AGR.
2. Informal running meet-ups between members outside the Saturday organised runs.

Safety During Saturday Organised Runs

1. **Responsibility of AGR:**
 - AGR holds full responsibility for safeguarding during the Saturday organised runs.
 - A designated Run Leader will oversee each session, ensuring safety measures are followed.
 - Contact information for the Run Leader will be shared in advance.
2. **Pre-Run Safety Briefing:**
 - A pre-run briefing will be held to outline the route, potential hazards, and safety protocols.
 - Members must inform the Run Leader of any medical conditions or concerns before the run.
3. **Buddy System:**
 - Members will be grouped in similar pace groups to ensure no one runs alone.
 - A backmarker will be assigned to stay with slower runners.
4. **Emergency Preparedness:**
 - The Run Leader will carry a charged mobile phone for emergencies.
 - Run leaders will have a current First Aid certification.
 - A clear protocol for handling emergencies, such as injuries or missing runners, will be communicated.

Informal Running Meet-Ups

1. **AGR's Limited Responsibility:**
 - AGR is not responsible for safeguarding during informal meet-ups arranged by members outside the Saturday organised runs.
 - Members are encouraged to exercise personal responsibility and adhere to the safety guidelines below.
2. **Guidelines for Informal Meet-Ups:**

- **Verify New Members:** When meeting new members, arrange the first meeting in a public place and notify a trusted person of your plans.
 - **Run in Groups:** Aim to run in groups of three or more whenever possible.
 - **Share Emergency Contacts:** Exchange contact information and emergency contacts before the run.
 - **Inform a Trusted Person:** Share your route and estimated return time with a trusted person.
3. **Safety Precautions:**
- Avoid running in poorly lit or isolated areas, especially during early mornings or evenings.
 - Carry identification, a mobile phone, and any necessary medical supplies.
 - Be vigilant and aware of your surroundings at all times.

Code of Conduct for All Members

1. Respect the rights, dignity, and safety of all members and the public.
2. Report any safeguarding concerns related to club activities to the AGR safeguarding officer immediately.
3. Refrain from any behaviour that could compromise the safety or well-being of others.

Reporting Safeguarding Concerns

If any member feels unsafe or experiences inappropriate behaviour, they should:

1. Contact the AGR safeguarding officer directly via the provided contact information.
2. In cases of immediate danger, contact emergency services.

Designated AGR Safeguarding Officer: Jessica Milloy 07535 063030/
Jessica@asiangirlsrun.com

Emergency: 999

Review and Amendments

This policy will be reviewed annually to ensure it remains effective and relevant. Feedback from members is welcome.

By adhering to this policy, AGR aims to foster a safe and supportive environment where all members feel confident and secure during their running activities.

Approved by Asian Girls Run CIC

Effective Date: 8th December 2024

