



This guide explains what you can expect from our LiRFs (Leaders in Running Fitness) and what we ask from you as a runner. Our goal is to make every run safe, supportive, and enjoyable for all.

Club Running Guide

LiRF Responsibilities

LiRFs are here to ensure every BADRAT run is safe and well organised.

Safety & Preparedness

Two LiRFs Minimum – Every organised run will have at least two LiRFs.

First Aid Ready – A first aid kit will always be carried.

Route Safety – Routes are planned in advance, but LiRFs may change them on the day if conditions or risks make it necessary.

Dynamic Risk Assessment – LiRFs continually assess safety during the run (weather, traffic, terrain, lighting, group wellbeing)

Care & Support

No One Left Behind – LiRFs will ensure all participants are supported.

Clear Communication – Routes and stop/regroup points are explained at the start of each run.

Encouragement – All runners are welcomed and supported.

Compliance

LiRFs will maintain a valid UK Athletics (UKA) licence (including DBS and safeguarding) and ensure all accidents are logged.

Thanks for being part of our BADRAT running community. By following this guide and looking out for each other, we ensure every run is safe, supportive, and enjoyable. We're proud to run together and look forward to seeing you at the next BADRAT club run!



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Club Running Guide

Runner Responsibilities

To ensure that every run remains safe and enjoyable, all participants are expected to adhere to the following guidelines.

Safety & Preparedness

Fit to Run – Only take part if you are fit, well and able to run.

Medical Needs – Carry personal emergency medication and ensure your emergency contacts and medical details are up to date on our records.

Be Seen, Be Safe – Wear suitable clothing; for dark runs, a chest or head torch is mandatory, and reflective clothing recommended.

Respect & Consideration

Follow LiRF Guidance – Listen to and follow instructions from LiRFs. They are volunteers, so please treat them with respect and courtesy, as you would expect to be treated.

Support Others – Be encouraging and considerate to fellow runners.

Respect the Route – Share paths politely with other users.

Responsibility

Stay With the Group – Inform the LiRF if you need to leave or stop.

Look After Yourself – Pace yourself, stay hydrated (essential in warmer weather), and alert a LiRF if you feel unwell.

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