

MEDICAL/INJURY ISSUES

LOOK AFTER YOURSELF AND YOUR BUDDIES

When you first completed your Penguin membership application form you were asked to list any medical issues which might affect your running. Over 10% of our members have declared such an issue, and there are also always members who are returning from injury or might have a temporary problem.



The advice from English Athletics is:

‘Use common sense; try to ensure someone on the run has a phone to call for help if required. Ideally the group leader would be first aid trained.

The member should be fully aware of how to manage their condition and therefore all you are doing as a club is ensuring that, if something happens, they can call for medical assistance if required.’

Whilst a group might not always have a phone or qualified first aider, our run routes are normally close enough to Newquay’s populace to be able to summon help rapidly.

IT IS THE MEMBER’S RESPONSIBILITY:

On Training Runs – To inform/remind* Group Leaders of their condition and its possible implications.

Before Races – To complete the required medical details on the reverse of the race number and to inform/remind* the appropriate club captain of potential problems.

Temporary Problem or Recovering from Injury? Advise* the Group Leader (Captain if racing) so they can monitor your progress.

*** = Entirely at the individual's discretion – but help us to help you.**

Consider wearing a TAG or WRISTBAND

www.newquayroadrunners.co.uk/health-and-safety/wear-a-wristband-or-tag/

THE BOTTOM LINE

Look after your buddies if they seem to be struggling. Our aim as a Club is to ensure that:



THIS



DOESN'T TURN INTO THIS



AND CERTAINLY NOT THIS

NEED MORE ADVICE? Contact the H&S rep – Mike Lackey