

Terms and Conditions

LS Sports Running Squad Program for runners by LS Sports Management Pvt. Ltd. Runners take part in running squad entirely at their own risk. LS Sports accepts no responsibility for races or events that are organized by other organizations. Competitors should check all race details and courses with the organizers prior to participation.

Any Runner who has any doubt or concerns about their fitness, or ability to take part in any session or race should consult their GP (General Practitioner), or a suitably qualified health professional before considering participation.

To the best of the knowledge of LS Sports Running Squad the information presented on our website is believed to be correct. LS Sports does not accept responsibility for any actions taken on the basis of this information, neither does it accept any liability for omissions or errors of fact contained herein.

LS Sports Running Squad accepts no responsibility for content that may appear on third party websites that are linked from our website. Any inappropriate language, images or other content on these sites that cause offence is entirely beyond our control and links to these sites will be removed as soon as notification is received and processed.

RISK ASSESSMENT and HEALTH & SAFETY

To ensure that the LS Sports Running Squad minimize risk to its runners and to the general public it is necessary to ensure that all events and training takes place in a safe environment.

LS Sports has no specific legal responsibility in respect of the Health and Safety of runners, the squad acknowledges that it wishes to provide guidance to runners so that they may make risk based decisions whenever they choose to take part in any squad activity.

Due to the nature of the activities that LS Sports Running Squad engage in it is difficult to mitigate every area of risk and therefore Squad Coaches must undertake individual "Duty of Care "for the athletes under their control. This requirement causes the creation of this document.

All activities entered into by runners are made purely on a voluntary basis, and whilst the squad will do everything within its control to assist in the management of risk, by being a runner of the squad it is essential to acknowledge that no specific runner should

be held responsible for any acts or omissions leading to personal injury or damage to property.

Any runner who has any doubt or concerns about their fitness, or ability to take part in any session or race should consult their GP, or a suitably qualified health professional before considering participation

Runners have a responsibility to do their best to prevent harm to themselves, their running partners or public. It should be acknowledged by all squad runners that they as individuals owe a duty of care to not willfully injure themselves or others by their negligent acts or omissions.

Running with LS Sports Running Squad is a decision of the runner.

RISK ASSESSMENT

Risk assessment is something we carry out many times each day, for example when making a judgment about whether to cross a road. In making a risk assessment we are evaluating the chance of injury and likely severity against the likely benefit.

Running however safely organized, carries a certain amount of risk and those taking part in any running or associated activity (e.g. cross training) need to be aware of those risks in order to minimize and accept them. Equally, the long-term benefits of running even when balanced against the risks should not be underestimated with increased fitness, health, well-being and longevity just to mention a few.

Risk assessment does not only serve to protect the athlete, we also have a responsibility to ensure that non-participants, property and animals are not harmed by anyone carrying out activities whilst operating as a runner of LS Sports Running Squad. This responsibility only applies during Squads' organized activities or events and does not apply to any activity outside of the Squad's control.

Personal risk management during running needs to be a dynamic process. Due to the ever changing environment which makes running so exciting and enjoyable, much can be done in preparation before running to ensure that risks that are foreseeable are appropriately managed. For example when running at night on or near roadways wearing something white or reflective and looking left / right and left again before crossing a road.

All of the Squads' training sessions are carried out on either roads, off-road or cross country, therefore the risk assessments below are to be used in conjunction with an ongoing risk assessment conducted by the Squad Coach carrying out the session.

COMMON RISKS.

The following guidance is intended to help runners assess and to control risk and form part of LS Sports Running Squad's terms and conditions.

There are some factors common to all Squad's activity regardless of the type of area we are running in.

Squads Policy is:-

1. Runners should not wear headphones or listen to personal players during sessions.
2. Runners will dress appropriately to ensure their safety during sessions making sure they can be seen at all times by runners and the public or other runners.
3. Runners should wear appropriate footwear.
4. Runners will follow the Highway Code and be aware of the other road users, cyclist, pedestrians and animals.

Road Running.

Where possible Runners should avoid running routes that cause us to cross roads. Where crossing is necessary use a safe route to cross roads using bridges or underpasses, or use crossings or traffic islands

We cannot assume that car drivers can see us. Runners should wear something visible when running on or across traffic routes. At night white clothes or clothes with reflective strips or a head torch will help you be seen.

On roads with no path, run towards incoming traffic so you can take evasive measures if necessary.

RUNNING SESSION

Leaders Responsibilities:

- Remind runners that they should have warmed up prior to the session.
- Ensure that a first aid kit is available.
- Ensure that team leaders have a mobile phone.
- Check reflective/hi-visibility tops during darkness.
- Ensure they clearly know the route and are happy with the proposed distance.
- Ensure that all runners are accompanied or in reasonably close proximity of other runners.
- Ensure runners cool down and debrief of any hazards or difficulties.

Runners Responsibilities: All runners are expected to take responsibility for their own actions and safety. They should follow the following guidelines.

- Ensure proper warm up.
- Ensure suitably dressed.
- Experienced runners will already be aware of many of the possible risks but novices may not, and it falls to the more experienced runner to take on the responsibility to mentor those with less experience.
- Ensure that all runners are accompanied or in reasonably close proximity of other runners.
- Inform other runners if they notice any hazards or incidents that may have an impact on themselves or other athletes during the session.
- Runners must inform the session leader or other person within the group if they are taking an alternative route or leaving the group. Ideally this should be agreed in advance at the start of the run.

Following illness or injury take a conservative approach to resuming training

Runners are responsible for knowing their own limitations.