



# SPARTAN LAW

## **Club rules and conduct**

Whilst no-one likes rules, in order to maintain the safety and wellbeing of all involved, this is a necessity aimed to help facilitate the smooth running of our club. Club members and guests alike should ensure they are familiar with 'Spartan Law' and be willing to abide by the common sense guidelines set out below. As the club grows and evolves, rules may need to be modified and added to suit. Please take a moment to read any updates as and when they are announced. It is your own responsibility to ensure you are up to date!

- Runners must deem themselves fit and competent to run. Leaders are not in a position to assess individuals.
- Runners must make their own risk assessment. You are not obliged to run any part of the course. If you do not feel confident, let a leader know.
- You must be 18 or over to participate.
- No one should run alone. Look out for one another and do not lose sight of the person directly in front or behind you.
- If you wilfully leave the group, you must inform the leader. If you must leave, we would prefer to leave you at a designated start, finish or mid point.
- The loop will be 'as advertised'. If you wish to run additional distance at the start or end, this is not deemed to be part of club activity.
- We encourage car sharing for the sake of the environment.

- Do not take unnecessary risks by loitering at start or end of a loop at meet up points. If possible arrive with a friend or stay in your car until other club members arrive.
- Ensure decency in the car park. We cannot offer changing facilities so arrive ready if possible.
- Do your ablutions before arriving! If nature calls, be discrete.
- Do not run under the influence of drugs or alcohol.  
Sexist, prejudiced or abusive behaviour will not be tolerated.
- Any complaints against other members should be addressed to the club leaders and will be considered and dealt with in confidence
- Humans only, please do not bring pets
- Keep it fun!
- Delamere Spartans reserves the right to withhold, suspend or revoke membership in the event of a breach of rules.
- No personal audio devices on Spartan runs please.

## **Guidelines for leaders and sweepers**

- If possible, have a loop in mind. Ideally recce it before the event.
- Before running, the leader should introduce themselves and give a little information about what's in store / any warnings
- Also remind ALL runners that it is their responsibility to keep visual contact with the people in front AND behind
- Take a headcount before leaving and on return
- Leaders should designate at least one sweeper, ideally 2 or 3
- Sweepers can be anyone who has run regularly with the club
- Encourage all club members to share in sweeping duties
- Sweepers should position themselves evenly throughout the group, or if only one, at the back
- Optionally sweepers can switch position for a more varied run (at their own arrangement)
- If the group starts to break, shout or signal to the leader or person in front. This action should be relayed down the chain
- Always stop at road crossings. Shout 'ROAD' if necessary
- When running on the road shout 'CAR' when you see oncoming vehicles

- Make new members feel welcome. Speak to them and ensure that they are not running alone
- If anyone is struggling or getting left behind, encourage looping back or hill reps to give the person a breather
- In the event of injury/emergency/medical condition, at least one person should stay whilst others take necessary steps to assist
- If necessary, cut the run short, run by a bail point or cancel altogether
- Mobile numbers should be circulated to leaders
- Encourage sweepers to become leaders in time
- Anyone wishing to lead must be approved by the club and have run at least five times as part of the group

## **Forum etiquette**

### **Be nice**

- No 'flaming' - in other words, avoid personal attacks, pettiness, abuse. Respect other users, and if you disagree with them, explain why.
- No 'trolling' - trolls are posts deliberately designed to provoke an angry response. That doesn't mean you can't be controversial, if you really mean it.
- No personal disputes - if it gets personal, take it offline.
- Don't be patronising or sarcastic. It comes across about ten times worse online.
- Avoid typing in ALL CAPS, which is considered shouting or yelling.
- Learn to let go - don't keep harping on about the same thing, or harking back to previous arguments. It is rarely productive, and you always end up going round in circles.
- If someone else's post offends you, don't fight back online. It can be easy to sound rude without meaning to. However, if you really are troubled by the post, don't respond – speak to a club leader instead

### **Be effective**

- Post in the most appropriate forum (and only in one forum).

- Stay on topic - try to focus on the original topic. In particular, don't change subject in the middle of an existing thread - just start a new topic.
- Conversely, don't start a new topic if your post relates to an existing one - reply to the existing thread instead.
- When starting a new topic, make the subject line clear and informative. It makes the topic easy to find.
- If asking a question, provide as much information as possible, what you've already considered, where you've already read etc.
- Read what's already there before posting. You may be repeating what others have already said or asked.



# DELAMERE SPARTANS EMERGENCY PROCEDURES DSEP

This DSEP is only intended as a guideline as what to do in an emergency situation, self-perseverance and common sense always prevail. This document is only part of a larger network of information supplied by DS (Delamere Spartans).

In order to provide best practice this document has been written to help safe guard all members and guests of the club. Whilst these measures have been taken we can never take all the risk or foresee accidents or situations that may happen or arise.

DSEP will be reviewed on a regular basis as and when felt necessary. The information contained may be changed and altered only by the senior members after discussing and agreeing.

If there is a serious incident please refrain from discussing it on the forum.

## **Emergency Telephone Numbers**

James	07939 220301
Dave	07711 350550
Steve	07970 992357

## **What action to take in an emergency?**

### **Injury**

#### **Situation- A runner feels unwell during a run and does not want to carry on**

**Action:** Ask the runner if they are able to walk or jog back to the car.

**Yes:** Two members of the team to assist the runner back to the car. Before they leave, agree a meet up point if the runners are going to return to the group.

**No:** Where's the nearest road access? Delegate two runners to fetch a car to meet up at that point. Assist the runner to agreed point. Once runner is in car discuss with them what action to take next e.g. phone partner to pick runner up, take runner back to their car if they want to drive home, take them to hospital.

## **Situation- A runner is injured and can't run or walk**

**Action:** Can we assist them back (minor injury)?

**Yes:** Two person support (arms around shoulders), piggy back. Follow above action.

**No:** We can't move them (serious injury).

**Action:** Reassure the injured runner and keep talking positive as you make them comfortable with extra clothing, space blanket, bivvy bag or whatever resources are at hand. Phone 999 and ask for the ambulance service (they will inform other necessary services i.e. Police/Search and Rescue/Fire Brigade).

Delegate runners to stay with injured person (yourself and at least two others), runners to man access points to direct emergency services in and vulnerable runners to return back to their cars. Depending on situation and location runners could leave and return with appropriate equipment to make the situation more comfortable for all involved i.e. local members could bring hot drinks flasks/tents/food/waterproofs/more clothing (depending on the injury, do not give injured person food or drink).

Phone the injured persons closest contact or next of kin and notify them of the situation. It's probably best if they do not come to the scene but meet at the hospital. We will notify them of the hospital once the emergency services confirm.

Gather as much information as possible for the paramedics. If possible write it down- time of accident, name, nature of accident, special medication, age, next of kin to contact, home address and also supply your name and telephone number.

Help the emergency services as much as possible.

Once the injured person is removed return to the start point making sure that everyone is accounted for.

If possible have a debrief in a safe place, house/pub and gather as much information as possible so the leader can document for club records.

Leader to ascertain (at a suitable time) the wellbeing of the injured person.

## **Missing Runner**

### **Situation- We're running along (or just finished) and we do a head count only to find that a runner is missing**

**Action-** Ask the group when the runner was last seen. Retrace our route back to that point calling their name if necessary.

### **The missing runner is back at the start >**

Find out what happened.

Make an informed decision to whether to carry on running or stop.

### **The missing runner is not at the start >**

**Action:** Is their car there?

**No:** They must have left. If we have the runners mobile number call them.

**Yes:** Their car is still there. If we have the runners mobile number call them.

**No answer:** Contact the other team and make them aware of what's happened and ask them to return via where you were running looking and calling out for the lost runner, if they're near the location. If they're not near the location ask them to return to help.

Ask the group who is willing to help, some members may have other commitments. Divide the group into threes. One party stays at the start whilst the others agree areas to search. Agree a time that everyone will return to start. Make sure that each team has a mobile and the team at the start has those mobile numbers so if the lost runner returns we can call the others back.

Continue at regular intervals to phone their mobile. If they are lying unconscious we may be alerted to them by the ringing (if turned on). They may have been in a 'no signal' area before. Only now phone the emergency number supplied by the lost runner when they signed up.

The groups return without the missing runner then the leader phones 999.

If James, Dave or Steve is not present on the run please inform them asap as to what has happened.

## **Closest hospitals**

Victoria Infirmary (Northwich)  
Winnington Hill  
Northwich, Cheshire CW8 1AW  
01606 564 000

The Countess Of Chester Health Park  
Chester, Cheshire CH2 1UL  
Tel: 01244 365 000