

We should always remember that when we are in a run group, we represent our Club.

As such, if we behave like idiots, we will get a reputation as idiots.

These run rules are simple and common sense ... but we ask that you read them, understand them and, above all, *follow them!* Please remember that our Club runs are **not** races.

Typically, faster drivers tend to go towards the front of our run groups and slower drivers, or those wanting to take a more leisurely pace, are more comfortable towards the back.

We recommend that:

- you start towards the back of the run group, until you find your comfort level
- if you are new to the Club or plan to drive solo on an unknown route, ask to use one of the Club radios.

1. **Common sense applies at all times!**
2. **All road rules** are to be followed stringently.
3. **All other road users** are to be extended **every courtesy** at all times.
4. **Indicate early**; ie: at least 30 metres before changing lane or direction.
5. **The leader is not to be passed** at any time.
6. **Tail-end Charlie** [TEC]: The Run Leader will nominate at least one car, known as *Tail-end Charlie*), to follow the run group and ensure no-one is left behind.
7. Except for the TEC, **passing other run group members** is allowed, but is only encouraged where road rules and conditions allow. If you feel that you are holding up the car behind, please wave them through when it is safe and legal. *Conversely, please don't push a slower driver in front of you beyond their comfort or skill levels.*
8. **Keep a 2-3 second safety margin** between all cars (braking space required at 100kmh).
9. **At traffic lights**, use more than one lane, if available, to allow more of our cars to get through on each sequence. Once through the lights, assume any position back in the run group as long as you're behind the Run Leader.
10. As long as it's safe to do so, **please wait at intersections** or where the direction taken by the run group may be unclear to the car behind you. If it's unsafe to wait at the corner, please wait in a visible position before or after the change of direction.
If you become lost and have no means of communicating with the lead or tail cars, please proceed directly to the next regrouping point on the run notes, if available.
11. The run organiser may use his/her discretion to break the run group into smaller groups to enable better management of a large group of cars.
12. **If you plan to leave the run group** early or along the route, please inform the Run Leader and Tail-end Charlie as soon as possible.

Please remember, when adding your name to the event attendance sheet you are confirming that the Club will not be liable for any damage, injury or loss caused directly or indirectly by you whether to yourself or to any other party and you will fully indemnify and hold the Club harmless in connection with all claims arising from such damage, injury or loss.





Key numbers:

- | | | |
|-----------------------|----------------|--|
| • Club President: | Coral Campbell | • RACV emergency assistance: |
| | 0418 614 816 | 13 RACV (13 72 28) |
| • Ambulance / Police: | 000 | • RACT roadside service (24 hr): 13 1111 |

In the event of an incident or accident

If required, notify the police of the incident.

1. Stay calm.

2. Contact the Run Leader by radio or mobile phone, to halt the run group. If the Leader is out of radio or phone range, contact someone else on the run group to relay the message.

3. Make the road safe for other users:

- make sure all stationary vehicles are off the road surface (if possible);
- place a person a reasonable distance either side of the incident to alert oncoming road users.

4. IF NO-ONE IS INJURED, assess if the vehicle/s involved can be driven.

- If so* (and depending on the level of damage), arrange for the vehicle/s to rejoin the run group or make their way to the nearest centre where appropriate help is available.
- If not*, assess what help is required at the site and contact appropriate assistance (numbers above). If this assistance cannot be raised by mobile phone, arrange for a mini-run group of two or three cars to drive to the nearest centre to organise help (ensure at least one of these vehicles has a mobile phone, and take note of their number/s before they leave).

5. IF SOMEONE IS INJURED ...

- Call **000** for police and ambulance. Using the 'run notes', give an accurate location of the accident.
- Protect yourself (ie, the 'first aider').
- Check for immediate life-threatening hazards – eg, power lines down, leaking fuel.
- Check the conscious state of the patient.
- **If the patient is conscious:**
 - Keep them in the vehicle unless they are in danger.
 - Attempt to control any dangerous bleeding. Do not splint any fractures.
 - Keep them warm and wait for the ambulance to arrive.
- **If the patient is unconscious, check:**
 - **A Airway:** no blockage [tongue, teeth, lolly etc]. Clear if necessary.
 - **B Breathing:** patient is breathing once every 3-5 seconds.
 - **C Circulation:** check the patient's heart rate. Place two fingers into the groove next to the 'Adam's apple' on the patient's neck and count the pulse over one minute.
- **If breathing and circulation are confirmed** and the patient remains unconscious, support the patient's neck by holding both sides of the head and maintain a head position that ensures the patient's chin is held off the chest. This ensures a clear airway.
- **If not breathing, or pulse is absent**, remove the patient from the vehicle and commence resuscitation.

6. The Run Leader must notify the Club President (number above) that an incident has occurred.