

Official Run Safety Framework.

Applies to	Runs organised and led by Run Love Sprint Ltd (official RLS runs) only
Version	1.0
Effective date	22/07/2026
Next review	By 22/07/2027, or immediately after any High severity incident
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01 What this framework covers

This framework applies to **official RLS runs**: runs organised and led by Run Love Sprint Ltd itself, identified as official in the app and led by a named RLS run leader. At the date of this version that means the Sunday social run from London Bridge. It does not apply to runs created by members, which are peer arrangements between adults covered by our Terms of Service and Community Code of Conduct, not by this framework.

02 Before the run

The app shows runners a meeting point, a distance where known, and a rough duration where known. It does not publish a route, but the run leader always knows the planned course. Before each session the leader carries out a short check:

- › Weather and daylight: is the session safe to run as planned?
- › Meeting point: accessible, safe to gather at, no works or closures.
- › Planned course: any known hazards, closures, flooding or unusually heavy congestion on the intended course.
- › Decision: run as planned, shorten or amend the course, or cancel. Any change or cancellation is posted in the run chat so nobody travels to a cancelled session or is left waiting at the meeting point.

03 Who is there: sign-ups and headcount

The in-app join list is the sign-up record for every official run. At the start of the session the leader takes a headcount and records it, alongside the sign-up number, in the Session Record. We do not track individual attendance, and we deliberately keep joining a run friction-free; a self-serve way for members to note they did not attend is on the product roadmap. Sign-ups plus headcount is a proportionate record for a community run, and over time the Session Record becomes our attendance track record.

Anyone leaving the run early is asked to tell the leader or post in the run chat, so nobody is unaccounted for at the finish.

04 During the run: nobody left behind

The advertised pace is honest and the run is managed so the slowest runner is never dropped or lost. What that looks like depends on turnout:

- › **Small groups (up to around 7):** the leader keeps the whole group in sight and regroups at natural points such as junctions and crossings. No further roles are needed.
- › **Larger groups (around 8 or more):** the leader appoints a **back-marker**, a trusted regular or volunteer who runs with the last runner for the whole session. The back-marker's only job is to make sure nobody is left behind, takes a wrong turn alone, or is dropped without anyone noticing. If no suitable back-marker is available, the leader runs at the back and manages regroups from there.
- › Regroup points are used on every session regardless of size, and nobody finishes alone unless they have chosen to leave early and said so.

05 Incidents

Anything that goes wrong at an official run is logged the same day in the RLS Incident Log: slips, trips and injuries, medical episodes, near misses, conduct between attendees, and safeguarding concerns or disclosures. Entries are facts only, recorded by the leader.

Conduct and safeguarding incidents follow the single pipeline rule: they are also filed through the RLS admin console as a report, so the moderation process set out in the Moderation and Reporting Policy owns the follow-up, and the Incident Log entry records the report reference so the two are linked. Where there is immediate risk to life, the leader calls 999 first and logs afterwards. Escalation beyond that follows the Safeguarding Adults Policy.

06 Insurance

Run Love Sprint Ltd holds public liability insurance. The Session Record and Incident Log together provide the audit trail that supports it. The policy wording is checked to confirm it covers RLS-led group runs, and this framework is shared with the insurer or broker on request.

07 Review

This framework is reviewed at least annually, and immediately after any High severity incident, by the run leader and the Designated Safeguarding Lead. It is published at runlovesprint.com alongside our Safeguarding Adults Policy, Moderation and Reporting Policy and Community Code of Conduct.