

JUST RUN PRIORITIES AND GUIDANCE FOR HANDLING MEDICAL AND OTHER EMERGENCIES

The JUST RUN® Program is committed to the safety, health and well being of children and youth, to the promotion of physical activity, to the encouragement of positive lifestyle choices, and to addressing the epidemic of childhood obesity and its related illnesses. To this end we provide the following guidance to Affiliates and Leaders for preparing and for handling medical and other emergencies.

The following guidelines are an essential part of the “Just Run” program and must be followed by all “Just Run” affiliate programs:

“JUST RUN” Affiliates acknowledge the importance of screening applicants to assist as “Leaders” or assistants in the program. Each Affiliate is responsible for performing appropriate background checks and obtaining personal references for Leaders. Each Affiliate acknowledges the importance of monitoring the activities of Leaders and their performance, providing for the ongoing supervision of Leaders, whether employees or volunteers, so that the children participating in the program are not exposed to any avoidable risks.

Each Affiliate must comply with all applicable laws, rules and regulations (whether issued by a governmental agency, school, youth organization, playground or track owner, or similar entity) in carrying out the implementation of the program. Affiliate must obtain all necessary permission to use facilities and file required requests, if any, for facility usage, whether with schools, playgrounds or other owners or facility operators.

Affiliates and Leaders should find, read, and keep up to date on school or organization emergency plans and documents. Ensure that they are in place. If not, create or adopt another school’s or organization’s procedures.

Call 911 for any emergency assistance. Carry a cell phone so that emergency phone calls from tracks or fields, that are not near a land line phone, can be made immediately. Be aware of the location of the Automated External Defibrillator (AED) at your site and have someone nearby who is familiar with its use. If the school or organization does not have one, investigate the possibility of purchasing one.

Leaders or assistants should know CPR. If a leader or assistant is not CPR certified ensure that a qualified individual is available.

Leaders should be aware of basic rules for outdoor safety in physical activity programs. This involves potential risks and hazards to children from exposure to heat, cold, bad weather, ultraviolet rays, air pollution, unsafe surfaces, poor lighting, and poorly maintained equipment.

The health and safety of students and JUST RUN participants must come first when making decisions about any activity. Make sure participants wear appropriate clothing for the weather and curtail or shorten the intensity of JUST RUN sessions based on weather conditions – either heat or cold or other conditions which could affect children’s health and safety.

Acclimate activity to heat gradually and make sure children are properly hydrated. Schedule practices and activities in the coolest part of the day, if possible. Do not administer salt tablets. Instead, try to provide salt and electrolytes through food and drink products. Have water available. Look for signs of dehydration such as fatigue, lethargy, inattentiveness, stupor, and unusual awkwardness.

Use age appropriate activities. Consider the ages of all of the children in your group.

Follow the procedures regarding lightning and thunder, school lockdowns, strangers in the school yard, gunfire near the school, etc, as stated in your school’s or organization’s policies. If any of these situations should occur, use basic logic. Curtail activities immediately, and lead children to safety as quickly as possible. Notify authorities by dialing 911.

Watch for potholes and gopher holes in fields and avoid running in those areas. If this is not possible, alert the children of the dangers. Mark the area with flags or chalk markings. Avoid running in “mobs” where groups of children have significant chances of running into each other or tripping over each other.

Keep your children’s health and safety your priority.