

Run Procedures and Safety Tips

Preparing for the run

- View the Run Training Video: <https://www.youtube.com/watch?v=ZfM-2XuHa1A>
- Sign the online release form prior to your Run:
<http://bridgesoutreach.org/adultreleaseform/> or
<http://bridgesoutreach.org/minorreleaseform/>
- Participants must be in High School or older
- Student to Chaperone ratio is 1:5
- The ideal number of volunteers for NYC= 10; Newark= 15; Irvington= 8
- Dress appropriately for weather
- Exchange cell phone numbers with the Run coordinator and all drivers before the Run.
- Print directions for the Run from our website: <http://bridgesoutreach.org/plan-your-run/>
- The Run Coordinator is responsible for the Run

On the Run

- Stay with your group
- Stay in pairs
- Stay in sight of an adult from your group or a Bridges Run Coordinator
- Notify the Run Coordinator if you become uncomfortable
- Notify the Run coordinator if you cannot fulfill a request
- Follow all instructions of the Run Coordinator
- Defer to the Run Coordinator immediately if you have a problem or concern
- Note: there are no bathroom facilities on the street
- Make conversations with people you meet on the Run
- Be respectful

Safety Tips

- Don't give money to anyone
- Don't go with anyone for any reason
- Don't wander away from the group
- Don't take photographs
- Don't leave the common areas in a shelter
- Don't accompany a child to a bathroom or out of common areas