

## **Going on a Bridges Run?**

**Review these safety procedures with your volunteer group.**

### **Run Basics**

- Students 14 and older are preferred
- Student to chaperone ratio for students 14 and older: 1:5
- Students younger than 14 must be accompanied by a parent or appointed chaperone: 1:1 parent to youth under 14 ratio
- The ideal number of volunteers to go on a New York City Run is 15 (total high school students plus adults); Newark and Irvington are 10 (total high school students and adults)
- Dress appropriately for weather – we go out regardless of weather.
- Note: there are no bathroom facilities on the street.
- Exchange cell phone numbers with the Run Coordinator and all drivers.
- Avoid stopping on the highway; communicate by cell phone.
- If there are several volunteer cars, they should split into two groups and have two lead cars.
- Complete RUN Check List
- Run Coordinator is responsible on the Run. Follow his/her instructions at all times.

### **Safety Do's**

- 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 Run Coordinator
- Defer to Run Coordinator immediately if you have a problem or concern

### **Safety Don'ts**

- 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 open lunch bags to look for a specific item
- Don't leave the common areas in a shelter
- Don't (at a shelter) accompany a child to a bathroom or out of the common areas