

Runspire Together

Running with Prams & Buggies Policy – Couch to 5K

Policy date: August 2026

Review date: August 2027

1. Purpose

Runspire Together wants our Couch to 5K programmes to be as accessible and welcoming as reasonably possible, including for parents and carers who may need to bring a child with them.

This policy sets out the arrangements for participants who wish to take part while pushing a child in a running buggy.

The safety of the child, participant, other runners, volunteers and members of the public must always come first.

2. Running buggies are welcome where the route is suitable

Participants may take part in a Runspire Together Couch to 5K session with a child in a buggy where:

- the Run Leader has confirmed that the planned route and conditions are suitable;
- the buggy is specifically designed and manufactured for running or jogging;
- the buggy is in good working order;
- the child can be safely secured using the buggy's fitted safety harness; and
- the manufacturer's instructions and restrictions are followed.

A standard pram, stroller or pushchair that is not designed for running or jogging must not be used while running.

Participants with a standard pram or pushchair may be able to walk during appropriate parts of a session, subject to the route, conditions and Run Leader's assessment.

3. Responsibility for the child

The parent or carer remains responsible for their child at all times.

Runspire Together's Run Leaders and volunteers are responsible for delivering and supervising the running session. They are not responsible for supervising, carrying or providing childcare for children travelling in buggies.

The participant must remain in control of their buggy and child throughout the session.

A child must not be left unattended at any point.

4. Before taking part

Participants wishing to run with a buggy should let Runspire Together or the Run Leader know before attending where reasonably possible.

Before starting the session, the participant should check that:

- the buggy is suitable for running;
- tyres and wheels are in good condition;
- brakes are working correctly;
- wheels and other components are securely attached;
- the child is correctly secured using the manufacturer's safety harness;
- any safety wrist strap supplied by the manufacturer is used as instructed;
- the child is within the manufacturer's specified age and weight limits; and
- there are no loose items that could fall from or interfere with the buggy.

The Run Leader may carry out a basic visual check but this does not replace the participant's responsibility for ensuring their equipment is safe and suitable.

5. During the session

Participants using running buggies should:

- maintain a safe distance from other participants;
- take additional care when overtaking or being overtaken;
- give pedestrians and other path users sufficient space;
- slow down where the route becomes narrow, busy, uneven or otherwise unsuitable;
- keep the buggy under control at all times;
- follow instructions given by the Run Leader; and
- adapt their speed to the conditions rather than attempting to maintain a particular Couch to 5K pace.

There is no expectation to keep up with other participants. Our Run Leaders will support participants to complete the session safely and at an appropriate pace.

6. Route and weather conditions

A route that is normally suitable for a running buggy may become unsuitable because of weather, surface conditions, congestion, maintenance work or another unexpected hazard.

Run Leaders have discretion to modify the session or route where necessary.

A Run Leader may ask a participant not to run with a buggy, or to walk a particular section, if they reasonably believe continuing would create an unacceptable risk to the child, participant or others.

7. Couch to 5K sessions

Running with a buggy can require additional effort compared with running without one.

Participants should complete the programme at a pace appropriate to them and should not feel under pressure to match the speed of other participants.

Where appropriate, Run Leaders may adapt an activity for a participant using a buggy while maintaining the overall aims of that week's Couch to 5K session.

8. Safeguarding

The accompanying parent or carer retains responsibility for the child's supervision and welfare throughout the session.

Any safeguarding concern arising during a Runspire Together activity will be dealt with in accordance with Runspire Together's safeguarding procedures.

9. Risk assessment

Routes used for sessions where running buggies are permitted should be considered as part of the session's risk assessment.

Consideration should include, where relevant:

- surface and terrain;
- width of paths;
- road crossings;
- kerbs and steps;
- steep gradients;
- lighting and visibility;
- traffic;
- other path users;
- weather and surface conditions; and
- any temporary hazards or route restrictions.

10. Run Leader discretion

The Run Leader has final responsibility for deciding whether participation with a running buggy is appropriate for a particular session or route.

This decision will be based on safety and the conditions at the time and is not intended to unnecessarily prevent parents or carers from participating.

11. Equipment standards

Where reasonably practicable, participants should use a running buggy that complies with the applicable UK safety standards for its intended use and follow all instructions provided by the manufacturer.

Participants should not modify a buggy in a way that could affect its safe operation.

12. Insurance

Participation with running buggies is subject to Runspire Together's applicable insurance arrangements.

Runspire Together will periodically check its insurance and governing-body requirements to ensure that running-buggy participation remains within the scope of its cover.

13. Our approach

Having a young child should not automatically prevent someone from taking part in Couch to 5K.

Where it can be done safely, Runspire Together will make reasonable efforts to choose suitable routes and support parents and carers who wish to participate with a running buggy.