

Guidelines for safe running

As a club, we welcome new members to any club session and ensure they go out with runners of a similar pace, who know the routes well enough to get everyone home safely.

We encourage all members to follow the following guidelines for safe running:

- Ensure your group has at least one mobile phone with it, particularly if running alone or in pairs.
- Consider carrying an ID tag of some sort with emergency (ICE) contact details (maybe write it on the inside of one of your trainers).
- If you plan to divert from the main group, give the other runners a rough idea of the route you expect to run.
- At night/dusk always wear Hi Viz/reflective clothing and have suitable torch, preferably one that leaves your hands free.

Other safe running and good practice tips

Please bear in mind that all members are responsible for their own state of health and are expected to declare themselves medically fit to run when they attend a Club session. Members run at their own risk and shall not hold the club responsible for any incident occurring through a previous medical condition or injury that may affect their running.

Many of our club sessions take place on the pavements and public footpaths which we share with members of the public. Please bear this in mind at all times and give priority to pedestrians, as we want to ensure the club has no negative impact on the local area. This includes never leaving litter behind and ensuring we don't cause any damage or nuisance during our training sessions.

General advice

1. **Be aware of other runners.** You have as much right to be there as the faster runners but let them pass you when it is safe to do so, for all runners. Also, don't stop suddenly without checking who is behind you, so you don't get flattened by another runner.
2. **Running with headphones.** The club does not recommend running with headphones, especially when running on roads and crossing pavements. If you must wear them, then please only use bone headphones, so you can still hear traffic and other runners' voices. Please be aware that most races prohibit the use of any type of headphone.
3. **Road running conduct.** Use the pavement or footpath where there is one. Where there is no pavement or footpath, run in single file on the left-hand side of the road and on sharp bends, ensure you run on the outside of the bend. Be aware of other road users and any traffic build-up that you or your group may be causing and stop and allow vehicles to pass, at the earliest opportunity.