**Safe Running**

Running is a very safe activity and most of the guidance below is common sense but incidents with runners do make the news sometimes so please have a read and hopefully we can all stay safe and enjoy our freedom.

**Running Alone**

It is always safer to run with others but due to circumstances, many of us run on our own which does carry some additional risk of injury or unwanted attention (mainly to women). There are a few things you can consider doing to reduce these risks.

* Always carry a mobile phone
* Let someone know where you are going and when you expect to get back
* Use a tracking method, Whatsapp live location, Strava beacon and others enable nominated people to see exactly where you are and can take action if you don’t get back when expected
* If you have a smart watch you can set it to alarm a nominated person in the event of a sudden impact, like a fall
* Vary your route and time of day if you can

**Country lanes**

Many of us regularly have moments where vehicles get a bit too close for comfort so it is worth thinking about what you can do to help yourself.

* Where you can, always run on the right hand side of the road, this way you can see traffic coming and take avoiding action if the vehicle seems to be getting a bit close. For sharp right hand bends it’s safer to run on the left as you can’t see what’s coming until they’re upon you and they can’t see you until the last second.
* Wear hi-viz during the day and lights at night
* Leave yourself a couple of feet of space between you and the edge of the road so you have somewhere to go if a vehicle gets too close. Hugging the hedgerow or grass verge may encourage vehicles to ty to squeeze by and then you have nowhere to go except jumping into the grass verge which may be slippery or have potholes , brambles, debris etc in it that you cannot see.
* Don’t wear earphone or headphones, your ears are your eyes in the back of your head.
* Be aware of the position of the sun. if it’s shining directly in your face then the traffic approaching from behind may not see you. If its shining directly behind you then traffic approaching you may not see you. The sun can blind drivers especially in the winter at dawn and dusk.

**Off road**

Trail running is great training for strengthening joints but also carries a much higher risk of injury, usually very minor but can leave you stranded somewhere.

* Always carry a mobile phone
* Wear suitable trainers and clothing for the conditions
* Let someone know where you’re going and when you’ll get home if you’re running on your own

**Long Distances**

Running very long distances (relative to you), especially if it’s very hot or humid is not only tiring physically but your mental capacity to make good decisions can be impaired. So take extra care on these runs.

**Dogs**

Dogs can be very protective of their owners so give them a wide berth if you can. Don’t approach a dog without checking with the owner and don’t stare into the dogs eyes. A dog on a red lead is usually a sign to keep your distance.

If you have any comments or additions to this document please let someone on the committee know.