



STAMFORD STRIDERS

Be Safe Whilst Running

Precautions to take while out running

We always need to think about running safety and being seen when running at night. It is vital to plan your running route carefully - especially in winter - and let someone know where you are going beforehand. Here are our recommended basic precautions you need to think about when setting off on any outdoor run.

1. Whenever you venture out for a run, even if it is for only 20 minutes, you should always **let someone know where you're going**, your exact route and approximately how long you expect to be. If you're heading out from an empty home or office, call a friend, partner or relative to advise them of your plans, and call them again to check in when you return.
2. **Carry some form of identification** with you when running. A business card or piece of paper with your details on will do. This means that if something does happen to you; for example; if you faint with exhaustion while running on a very hot day, you will be easily identified and your family or friends can be notified to come and help you out.
3. **Plan your run routes carefully**. By this we don't mean you should avoid your favourite routes because they go across remote areas or miss out on some spectacular scenery, but that you should take care with your running choice. Try to limit danger points on your runs. For example, areas where you would be difficult to spot if you had a fall or injury, dark alleyways, or known local black spots, in general it is best to run with the traffic facing towards you so you can see any risks ahead.
4. Where possible **run in pairs or groups**. If you haven't got anyone to run with, try your local **running club**. Most clubs have members from a range of ages and ability levels, and offer a friendly social gathering point as well as providing the opportunity to meet new running partners and discover new routes. A club will also offer you information on local races, the best places to buy kit, and where to get treatment for injuries.
5. During the winter, when work and family commitments mean that you can't always run in the light, you need to **take a few extra precautions to keep you safe in the dark**. Wear bright clothes and even better a safety flashing arm band or strap.

KEEP SAFE