

Handout for Week 2:

Safety

We should all take responsibility for own safety when we go out running and most of this is just plain common sense. The following suggestions may just make a difference:

- Best of all, run with a friend! If going alone, text a friend your route and time
- Carry a mobile phone and/or money for a call box
- Don't wear headphones. If you're wearing headphones you won't hear what's going on around you. These days it's common to share paths with cyclists who may approach you quietly from behind
- During the day time wear light or fluorescent clothing so that other road users can see you. At night, wear reflective clothing or at least clothing that has reflective strips incorporated. Headlights can make out reflective clothing up to three times further away than non-reflective materials. Pale clothing will also help you to be seen but fluorescent clothing needs daylight to be really effective
- Run facing the traffic if there is no pavement. However if you're approaching a blind corner cross over to the other side when it is safe to do so. Cars will then be able to see you more clearly
- Be aware of your surroundings, so you can evade or avoid anything you're not comfortable with – people, dogs, cars etc
- Run in well-populated, lit areas if you are by yourself
- Vary your route and the times you run. Apart from anything else it could get boring!
- Carry a tag card with your name and emergency contact details. If the worst should happen, you can be identified and friends or family notified