



Our club runs continue throughout the year, including the winter evenings. Running at night can be a great way to stay fit and healthy, but it can also be dangerous if you're not careful. Here are some tips on how to stay safe when running at night:

1

BE VISIBLE

Wear bright or reflective clothing, and consider wearing a headlamp or a wearable body light so that you can see where you're going and others can see you. For club night runs it is a requirement that you wear high visibility clothing.

2

PLAN YOUR ROUTE

Choose well-lit areas and avoid those that are isolated or poorly lit. Consider running on a familiar route that you know well. The club runs stick to an agreed route that has been chosen for its lighting and pavements.

3

TELL SOMEONE

Let someone know where you're going and when you expect to return. You can also consider using a running app or device that allows someone to track your location. The newer running watches now include an alert that you can trigger if you are injured or in danger.

4

STAY AWARE

Be aware of your surroundings and listen to your instincts. If something feels wrong, trust your gut and get to a safe place.

5

STAY ALERT

Don't wear headphones or earbuds that could distract you from the surroundings

6

CARRY IDENTIFICATION

Bring a form of identification and some cash or a phone in case of an emergency.

7

RUN WITH A BUDDY

Running with a friend or club members increases safety and accountability.

8

STAY OFF THE ROADS

If possible, stick to running on pavements or trails and avoid running on roads or in bike lanes.

9

DON'T FALL BEHIND

If you are on a club run and feel that you are struggling to stay up, do say so to your fellow runners. They will make sure you are not left behind.

Remember that safety should always be your top priority when running at night.