

# STAYING SAFE



Running is a great way to stay fit and healthy, but it's important to take certain precautions to ensure your safety while you're out on your run. Here are some tips to help you stay safe:

# 1

## PLAN AHEAD

Plan your route ahead of time and stick to well-lit, busy areas with pavements or running paths. Avoid running in secluded or poorly lit areas, especially at night. By joining our club runs you will be in a group where we are looking out for each other.

# 5

## BE AWARE

Always be aware of your surroundings and stay alert. Look both ways before crossing the street and be cautious of any potential dangers, such as loose gravel or uneven pavements.

# 2

## BE SEEN

Wear bright or reflective clothing, especially if you're running during low-light conditions. This will make you more visible to drivers and other pedestrians and is a requirement on our club runs on dark nights.

# 6

## TELL A FRIEND

Let someone know where you're going and how long you expect to be out.

# 3

## BE PREPARED

Carry identification and a phone with you in case of an emergency.

# 4

## LISTEN OUT

Use headphones or earbuds with caution, as they can limit your ability to hear approaching vehicles or other potential hazards. Think about purchasing bone-conduction headphones that don't insert into your ear and therefore allow you to hear vehicles, etc.

# 7

## STAY FUELLED

Stay hydrated and don't push yourself beyond your limits. See our factsheet on energy supplements and hydration.