



# Running Safety

These rules are for your safety, the safety of the runners with you and the reputation of your club

## Remember:

- ✓ Cars are bigger and faster than you ... they always win!
- ✓ Cars find it hard to see you when it is dusk and dark
- ✓ You are responsible for your own safety

## Safety Rules



- **Be seen** – Dress the part. Wear a hi-viz top / jacket and or bib. Nothing says safety like neon. **We ask all runners to please wear a hi-viz bib on club runs.**
- **Be safe** – There are a whole range of other items you can wear that improve how visible you are to drivers and cyclists (put them on your Xmas list!). Please wear a head torch so you can see where you are going if you are running off road.
- **Cross Safely** - Cross the road at lights and crossing points (were possible). Please cross as a group, do not straggle across the road or cut the junction. This is a training run, not a race ... don't allow this to be your last training run!
- **Road Safety** - Don't run in the road, the road is for cars. Being hit by a car @ 45 mph is equivalent to falling off a 6 story building!