



EASINGWOLD RUNNING CLUB

SAFE RUNNING

This guidance is aimed at all members of the Club. It is however, particularly relevant to new members.

It aims to provide all runners with tips on safer running, both on club runs and when undertaking individual training runs. It does not include information on activities such as warming up or cooling down which are an important part of injury prevention.

The following five points form part of our club rules:

1. Members should wear light coloured high visibility reflective clothing when training during the day and at night. Additionally, during the winter months members are encouraged to make use of the wide range of lighting now available such as head lights and red pulsating lights.
2. When taking part in training sessions on country roads members are asked to run on the right-hand side of the road no more than two abreast unless a sharp bend prohibits this.
3. All members taking part in training must sign out and in at the start and finish of each training session.
4. All members taking part in club training have a responsibility to ensure that fellow runners do not become isolated from the group.
5. The Officers of Easingwold Running Club cannot be held responsible for existing medical conditions or any detrimental effect on the health and well-being of an individual as a result of involvement in club activities.

For 2020:

6. At the time of publishing, despite the ongoing threat of COVID-19 the club is managing to arrange some activities practising social distancing and following England Athletics Guidelines. Please ensure you follow these guidelines and listen to information from your coach or leader.

General tips for Running Safely

- Never run if you are feeling unwell, unfit or are in any way injured.
- If possible run with a partner and tell someone when and where you are going.
- Avoid hooded tops, caps or anything else that restricts your vision.
- A secure pocket or bum bag is a good way of keeping things out of sight and safe.

- Do not wear headsets as this impedes your hearing and makes you unaware of your surroundings such as the danger of oncoming cars. You will be oblivious to car horns or shouts of “watch out”.
- If you have asthma, ensure that you take your reliever inhaler with you.
- Carry identification, i.e. name, phone number (i.e. on a shoe label) and any special medical information. On a long run it is also advisable to carry change and a mobile phone.
- Try not to frighten other pedestrians by running right up behind them.
- Never expect a motorist to know where you are going to run and always use the “look thrice” rule when crossing a road.
- You are also advised to wear or carry at least one light to warn oncoming traffic - and it is sensible to wear bright, highly visible clothing at all times when running on the road.
- When training on the road you should always be on the right - unless you are approaching a blind corner with no verge to jump into should the need arise. Races are usually run on the left - but they are marshalled and signposted to warn drivers of the danger.
- If you wonder why you should run on the right, the AA has helpfully done some research on the topic: people who run with their backs to the traffic are almost twice as likely to be killed or seriously injured in road accidents as those that run against the flow of traffic (10.8 per cent compared to 5.9 per cent). We think that's a pretty good reason to run on the right.

Route Planning

When undertaking individual training runs:

- Number one priority is to always plan the route carefully to avoid getting lost and take into account the ability of the people running with you.
- Vary the route if you run regularly.
- Circular routes are safer because you don't have to retrace your steps.
- If possible check the route beforehand, check if other people are using it which is a good sign.

Running in Groups

It is best to run in groups for a variety of reasons, the most important being safety in numbers.

Never leave a group member behind no matter what their excuse is i.e. they think that they are holding up the rest.

- Always look out for the well being of your group members particularly if they are new.
- Generally one person should lead and use one good runner to monitor the group and keep with stragglers.
- Count the numbers in the group and regularly recheck the number to ensure that they all stay together.
- If space and traffic allows then looping back – fastest returning to meet the slowest will allow the group to keep together and increase the work rate of the fastest.
- When running in pairs or a group, exercise extreme caution if you are running side by side. The runner on the extremity can be in grave danger of sudden impact from cars in virtually every type of road, but especially on country roads.
- When running closely packed together, be aware that your vision of obstacles, such as the path level or holes in the road may be blocked by the person immediately in front of you.
- Keep reasonably well apart so that you can see what is coming. Warn others in the group of any danger such as changes in path level, bollards, oncoming cyclists etc.

Winter Running

- Do not run in icy conditions, runners often slip on ice. Be aware of freshly fallen snow, it can be slippery and covers trip hazards such as uneven ground.
- Wear clothing in layers so as to trap a warm layer of air but avoid overdressing.
- Do drink adequate amounts of water as you will still sweat and need to replace lost fluids.
- Consider carrying/wearing a hat and gloves in winter conditions, as you may not need a hat whilst running, but you could freeze without it if you have to stop, i.e. because of injury. It is worth remembering that the body loses much of its heat from the head.

Summer Running

- Make sure that you are well hydrated before going out on a run in summer even when the sun is not shining.
- Take adequate drinks with you and replenish if necessary.
- Warm muggy conditions induce excessive sweating and you need to take on sufficient drinks to combat this.
- If you feel dizzy, nauseated, as if you have dry skin or chills, stop running, get a drink and look for some help immediately.

Running with juniors

The following rules from UK Athletics on permitted race distances should be used as a guide for suitable training distances for younger members of the running community:

Under 13 years: 4000 metres
Under 15 years: 6000 metres
Under 17 years: 10000 metres
Under 20 years: Up to a marathon

Dealing with Dangerous Situations

- Always stay alert when running; the more aware you are of your environment the less vulnerable you will be.