

Newport & District Running Club

Safe Running Guide

This guide is aimed at all members of the club; it is however, particularly relevant to new members. It should be read in conjunction with the Club Rules.

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 are taken from the Club Rules:

- Members should wear light coloured clothing or high visibility clothing when training.
- At night members are required to wear some form of reflective clothing and a head torch. Additionally members are encouraged to make use of the wide range of coloured pulsating lights available.
- At night members should run on the left hand side of the road.
- All participants will have a clear understanding of each training run (route, hazards, length, alternative shorter / longer routes) before setting off.
- The Management Committee and Officials of the Newport & District Running Club cannot be held responsible for existing medical conditions or any detrimental effect on the health and wellbeing of an individual as a result of involvement in club activities.

General Tips for Running Safely

When taking part in training sessions on country roads members are asked to run no more than two abreast.

All members taking part in club training have a responsibility to ensure that fellow runners do not become isolated from the group.

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 or hearing.

A secure pocket or bum bag is a good way of keeping things out of sight and safe.

Do not wear a headset as this will impede your hearing and will make you unaware of your surroundings such as the danger of oncoming cars. You will be oblivious to car horns and shouts of "watch out".

If you have asthma ensure that you take your reliever inhaler with you.

Carry identification, i.e. name, phone number (on a shoe label) and any special medical info. On a long run it is advisable to carry change and a mobile phone.

Be aware of pedestrians and be courteous.

Never expect a motorist to know where you are going to run and always use the 'look thrice' rule when crossing the road.

Route Planning

When undertaking individual training runs: -

Always plan the route carefully to avoid getting lost.

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 always 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 e.g. 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 number in the group and regularly check the number to ensure that they all stay together.

If space and traffic allow then looping back - fastest returning to meet the slowest will allow the group to keep together and will 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 outside can be in grave danger of a sudden impact from cars on 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

Runners should exercise caution when running in slippery winter conditions to avoid trips or falls.

Wear clothing in layers so as to trap a warm layer of air, but avoid overdressing.

Drink adequate amounts of water as you will still perspire and need to replace lost fluids.

Consider carrying/wearing a hat and gloves in cold weather conditions, you may not need a hat whilst running, but if you stop you will soon become cold. Remember that the body loses much of its heat from the head.

Summer Running

Make sure that you are 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. It is advisable to apply sunscreen prior to your run.

Dealing with Dangerous Situations

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

Be aware of dogs, give them a wide berth. Avoid running up behind horses, use your discretion when passing them.