



Denby Dale Travellers Running Club

Guidance on 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 are minimum requirements: -

1. Members should wear light coloured or high visibility clothing when training. During winter months, members are required to wear some form of reflective clothing. Additionally, members are encouraged to make use of the wider range of lighting now available such as 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 sessions must tell others if they decide to drop out during any 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 Denby Dale Travellers 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.

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 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, and phone number (on a shoe label) and any special medical information.
- On a long run it is also advisable to carry cash and a mobile phone for emergencies
- Try not to frighten other pedestrians by running up behind them.



- Never expect a motorist to know where you are going to run and always use the 'look three times' rule when crossing the road.
- Use the best shoes and clothing available to suit the prevailing conditions

Route Planning

When undertaking individual training runs: -

- Always plan the route carefully to avoid getting lost and to 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 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 even if 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 extreme 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

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



- Consider carrying/wearing a hat and gloves in winter 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.
- Warm muggy conditions induce excessive perspiration you will need to take 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.

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.
- If you are running on the road and an approaching car is not giving you a wide berth do not hold your ground, swallow your pride, get off the road and live to run another day.
- If a car is following you at a slow speed and you consider it suspicious, run calmly to a public place and call the police.
- Report incidents and accidents through an Officer of the Club using the UK Athletics Accident/Incident Report Form which are available in the Club Headquarters in accordance with the Health & Safety Management System.