

BARTON & DISTRICT



Athletics Club

Founded 1951

BADAC17 – Runners Safety Guidance

Barton & District Athletics Club are committed to promoting the wellbeing of all its members, ensuring a positive and enjoyable experience for all.

Below are some basic guidelines that are recommended to all Club Runners when exercising on their own.

1. **Plan your route.** Make sure you know where you are running before you head out, choosing well-lit paths and areas you are familiar with. This will also help you get the most out of your run.
2. **Let someone know where you are going and take a phone.** To give yourself and others the peace of mind of knowing where you will be and that you are easily contactable.
3. **Wear reflective or high-vis gear and carry lights.** Especially important during dark mornings and evenings.
4. **Listening to music can present a safety risk.** Traditional headphones and earbuds block out sounds, including traffic, emergency vehicles, people approaching from behind and other warning noises. This may lead to accidents as you are not aware of what is happening around you. If you do choose to listen to music when running use bone-conduction headphones.
5. **Alter your route.** Have a few routes that you run so you are not always running the same route. This will also help stop you becoming bored with your run.
6. **Use a tracker app, like Find My Friends.** You can give family or friends permission to see where you are on the map - again, for peace of mind. Equally if you twist an ankle they can see exactly where you are and get help to you.
7. **Run with others when you can.** Running in groups is widely known to boost motivation and is a great social activity. BADACs Facebook Page, **Barton & District AC – Road Runners**, has notifications of informal sessions that are run by like-minded runners. Have a look to see if there is someone you can run with.