



## **NANTWICH RUNNING CLUB**

### **Club Running Rules & Safety**

As a road runner you may have to negotiate traffic approaching at speed. Keeping your wits about you so that you can stay safe on the roads is more challenging than for the average pedestrian who travels more slowly with more time to think.

#### **Run Leaders**

Your group will be led by an experienced run leader who has previously taken many group running sessions. In most cases they will hold a LiRF qualification awarded by UK Athletics. Their role is to ensure your safety and enjoyment throughout the session.

Equally, you have a personal responsibility to ensure your own safety. You **MUST** listen to the instructions given by your run leader. These may include directions regarding the route, pacing and obstacles etc. If the run leader gives you or the group a specific instruction, please follow it. If at any time during the session you feel unwell or are struggling to keep up, please tell the run leader so that he or she can adjust the session if possible.

#### **Running in a group**

When you're running with others in a group there's a danger of being less alert than when you are alone. In groups, be courteous to pedestrians. Run in pairs and avoid spreading out across the footpath/country lane. There will be times when single file is essential, particularly when overtaking pedestrians. It may mean that you can't continue your conversation but it's better to be safe than sorry!

If approaching a pedestrian from behind, please let them know of your presence. Call out instructions to others in your group if you see an obstacle ahead (e.g. lamposts, dustbin, parked car, pedestrian etc) or if a vehicle is approaching your group from behind.

If someone in your group is new or inexperienced, please engage them in conversation. Include them in the group and make them feel welcome. Such runs always pass by quicker!

Please ensure that you do not leave behind others in the groups. It's essential that on group runs you stay together as a group. The simple rule is that no one gets left behind or runs by themselves.

#### **Running Alone.**

If you do decide to head out for a run by yourself always let some know the route you're taking and the time you expect to return home. If you are running on your own, please carry some form of ID so that you can be identified if anything untoward does happen to you. Many running stores

sell wrist wallets that have space for you to put your name, contact and medical details. Equally carry your phone to use in the event of an emergency. There are loads of belts and armbands available for this purpose.

### **Look and listen.**

You should stop, look, and listen when crossing the road or at least slow down to a safe speed so that you can assess traffic conditions.

Pay attention to sound: you can often hear a vehicle before it comes into view and you should be extra alert for sounds such as engine acceleration or loud music coming from the car. These factors might indicate the driver is not paying attention to pedestrians or runners. See below for how to get their attention:

### **Let other road users know you are there.**

Acknowledge road users (drivers and cyclists) by making eye contact where possible. This will often result in the driver/cyclist giving you a wide berth or waving you across and giving you the right of way. Don't forget to thank them with a wave or a "thumbs up" as you recommence your run.

### **Choose your route carefully.**

Run on pavements wherever possible. The wider they are, the better.

The temptation of running on quiet, country lanes can be a big draw and there are many great running routes in the Nantwich area. However, such roads often have a speed limit more than 30 mph. If necessary, step onto the grass verge to avoid a car driven at speed sending you into the nearest hedge. Wear bright clothing and make yourself visible. Let other road users know you're there!

### **Pick your side.**

Run on the right-hand side facing the oncoming traffic UNLESS you are running around a bend and can't see the cars coming towards you (and they can't see you coming towards them)! Wherever possible, run on the outside of bends in the road. As you approach bends you should carefully cross onto the other side.

### **Dark nights**

Quiet country lanes generally don't have street lights. So, on dark nights and during the winter months stick to well-lit routes around the town. You should always make sure you are wearing highly visible, reflective clothing and wear a head torch or a body torch. It's safer to be lit up like a "Christmas Tree" than be hard to spot by a driver/cyclist.

**Last reviewed and updated March 2021**