



Guidance for Winter Running

The guidance below is intended to aid individuals in their personal risk assessment process. It should be recognised that in providing this guidance the club and its members are not responsible for the accuracy of the guidance or the risk based decisions made in its use.

Terrain

In town be aware of and where possible avoid:

- Dark shaded areas where visibility will be reduced and that can be slippery in wet weather due to leaves/moss
- Areas with poor/broken lighting where visibility may be reduced and it may be unsafe

Roads

- Avoid running routes that cause you to cross roads
- Select safe route to cross roads using crossings and traffic islands where available
- Don't assume car drivers can see you just because you can see them
- Running out of town, head torch, hi viz, take great care

Environment

- Avoid running alone at night
- Let someone know your route
- Take a mobile phone
- In severe conditions – snow/ice, do not run

Personal limitations

- Know your own personal limits and run within them
- Following illness or injury take a conservative approach to resuming training

If you have any questions on this document or any aspect of Running Club H&S please direct them to any Committee Member or myself.

Lynne Oliver
Hon Sec
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