



Running Safely

The following guidelines are mainly common sense recommendations to ensure that we all train safely and courteously.

Club Training Sessions

Most training sessions take place on well-used roads, tracks or footpaths, but may occasionally take place at locations that have not been used before. It is the responsibility of each member to determine if the terrain, weather, light level, training distance, etc are suitable, both before and during training runs.

Running in the dark

Members are requested to wear reflective bibs or fluorescent clothing for club training in the dark. It is also advisable to wear white or a light colour under the bib to be visible when not running in artificial or reflected light. Armbands and similar items with flashing red lights also show up well. Fluorescent items show up particularly well during the twilight hours.

The club has a supply of hi-viz tops to borrow or buy. These are kept in the Abbey Café locker at Holt Park.

Audio Devices

The use of any ear devices that inhibit hearing are not permitted during club training runs. This is because such devices can prevent the wearer from hearing traffic, especially from behind, and also warnings from other runners.

Pedestrians

Members are reminded to observe some basic precautions and courtesies when training:

- Avoid running in groups of more than 10 people.
- Avoid running side by side if there are pedestrians using the footpath.
- Avoid running too close to and startling pedestrians, especially from behind. They may not hear you coming and change direction without warning, so give them a wide berth to avoid a collision. If this requires running into the road, first check for traffic, especially from behind.
- If there is a lone pedestrian, they may feel threatened by hearing or seeing you running towards them so consider crossing to the other side of the road before you pass.

Road safety

It is safest to face oncoming traffic (except on blind corners) and avoid dangerous situations by moving on to the verge, where oncoming vehicles are unable or reluctant to move out. Take care on verges as they often have concealed detritus of discarded bottles and cans, deep ruts etc.



Sometimes it is best just to stop on the verge until the danger has passed. Even if facing oncoming traffic, particularly beware of cars overtaking from behind because they will swing out to your side of the road and their sound will be masked by the car they are overtaking. Avoid busy roads and if there is traffic approaching from either direction, run in single file. Always be vigilant, for yourself and others, of all evolving traffic situations.

- Avoid running too closely to the runner in front or you may not see small obstructions which can cause you to stumble or trip.
- When crossing roads, do not follow other runners. Make your own judgement for when it is safe to cross.
- When crossing roads or running off pavements, do not cause vehicles to brake or swerve.
- Beware of icy patches, especially on corners.
- If running on unlit roads, run in or near to the middle (there are less undulations) until you are sure an oncoming driver has seen you (should dip lights) and then, in good time, move over near to the right edge. If necessary, slow down or stop to avoid stumbling on the edge. After moving to the side to let a vehicle pass, allow for it (especially tractors) to be towing an unlit trailer, implement, or other vehicle before resuming your run. Take great care on bends and corners as approaching drivers will not have much time to see you. Stay on the safe side of the road.
- Also on unlit roads and/or those without a pavement, beware of vehicles from behind, particularly if there is more than one and/or if one is overtaking another.
- Beware of cyclists, especially without lights, riding on pavements and footpaths.

Insurance

UKA provide Public Liability Insurance for club members during training sessions. What this essentially means is that if by our negligence a third party is injured, or property is damaged, we will be covered if someone makes a claim against us.

Members are not covered by any sort of personal accident or injury insurance during training sessions organised by the Club. Members requiring such cover must make their own insurance arrangements.

Disclaimer

By training with Abbey Runners, you accept the following:

I understand and agree that I participate in any Abbey Runners training session or event entirely at my own risk and neither Abbey Runners, the Abbey Runners management committee nor any individual will have liability or be responsible for any accident, injury, illness, damage or loss of any nature whatsoever except for death or personal injury caused by Abbey Runners' proven negligence.

Please note that this disclaimer also applies to runs organised through the club's website, Facebook group or other social media associated directly with the club.