

RUN ...

EVOLUTION **RUNNING CLUB**

**The Windsor Club, Helston Lane, Windsor, Berkshire SL4 5AP
01753 867001 or mobile 07780 994772 Email info@evo-pt.co.uk**

SAFETY FIRST

- Always make sure you can be seen in the dark. Wear:
 - Light coloured clothing;
 - Reflective vest and/or armbands;
 - Attach a flashing light to the back of your shorts or joggers
- Asthma? Take your inhaler with you every time.
- Ladies - ensure you do not run on your own in the dark. A group of four is ideal; if one is injured, one other can stay while the others go and get help.
- If you are running on your own, let someone know what route you are taking and the time you expect to be back in case of accidents.
- Take a mobile or coin so you can phone for help if in difficulties on a run.
- Check for traffic before running into the road, be aware of the Highway Code.
- If running on the road, always run on the right hand side facing the oncoming traffic. The only exception is when you are approaching a blind bend: run on the outside of the bend so that you can be seen by all traffic.
- Make sure your shoe laces are securely tied to avoid tripping up.
- Check the conditions of the track/road, be cautious of uneven surfaces to avoid injury.
- Carry some form of identification, and a medical alert card if necessary.
- Do not run if you are feeling unwell, or have suffered from a fever in the past few days.
- If you feel unwell, dizzy or just not right whilst running **STOP**.

RUN ... **EVOLUTION**