

# WESTERN PROVINCE ATHLETICS

# RUN SAFE CAMPAIGN

## Be visible

Ensure that you wear light coloured clothing and use reflective garments and headlamps at all times when you run in the dark, especially before sunrise and after sunset.

## Be alert

Headphones or earphones not only significantly restrict your awareness of any danger - be it traffic or people around you - but they also indicate you are carrying something valuable. They are forbidden during official WPA races because runners will not hear any traffic or instructions by the marshals. Therefore, for your own safety don't wear them on training runs.

## Consider other Road Users

Clubs running in big groups must consider their fellow runners when passing, especially when facing oncoming traffic. If there is no obvious pavement to use, run on the right of the road facing the oncoming traffic. It's easier to avoid cars and bicycles if you can see them coming. You want to be able to see headlights of oncoming cars. Never assume that they have seen you. Avoid busy roads and those with no shoulders or sidewalks.

## Safety in numbers

Avoid running alone. Consider finding a partner. It's much safer to run with a companion on a given day and time.

## Choose your time to run wisely

It's safer during the day. Darkness makes it more difficult to identify potential threats; there are also fewer people around. Particularly before sunrise or after sunset, it's best to run in populated and well-lit areas with clear lines of sight.

## Trust your instincts

If your first impression is that someone might pose a threat, avoid that person and keep moving. Better safe than sorry.

## Be loud, if necessary

Don't be embarrassed to yell to call attention to the situation. Some runners carry a whistle or an inexpensive personal alarm that will let out a loud shriek.

## Know your route

Many places can serve as refuge: garages, businesses, police stations. Consider plotting your run in advance (such as by using Google Maps or Strava for e.g.) to see where these are, and to avoid routes that run through isolated areas. Tell someone where you are going.

## Keep your valuables at home

Most attacks on the road are muggings, in which the criminal is seeking your property. If you must carry your phone, it's best to keep it out of sight; leave flashy jewellery at home.

## Carry a few essentials

Having your ID (either a wristband or a card like your driver's license) can be invaluable. Write your blood type on the inside of your shoe. You might also consider carrying a Metro Rail or My Citi card and a small amount of cash, just in case of an emergency.

