OWN THE NIGHT

Top Tips to Keep You Running Safely Through The Winter

WELSH ATHLETICS
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Run with others – running with others where possible is a safer way to enjoy those darker evening runs, and who doesn't love a chatty run with their buddy? Need to find a group to run with? We've got you covered, check out our Group Finder to find your nearest group!

Route planning – Where possible plan a route that is well lit, run on pavements (be courteous of other pedestrians) and cross roads at designated crossing points. Try to vary your routes. If your route is rural, run towards oncoming traffic so you can see what is coming towards you.

Lights & High Viz – Wear high-viz and/or reflective clothing and lights so you can be seen and see ahead. A head torch or body light are a great way to ensure you can be seen and many have various settings to draw attention to the individual. A driver can first see a pedestrian in dark clothing at 18m away compared to 130m away if they are wearing reflectors.

Take a phone – having a mobile phone with you is vital in case of emergencies, there are various settings and apps that you can use should an emergency situation arise (see our Emergency App page for more information). The What3Words app is a great tool to use to help share your location should there be an emergency.

Headphones – we know that it's nice to listen to some motivating music or a fabulous podcast but this can reduce the amount you're able to hear of your surroundings e.g. traffic, other people. Try reducing the volume, just having one earphone in or wearing headphones that don't go into the ear.

Running Solo – Sometimes nothing beats a solo run, if you're running solo there are some additional things you may want to consider to keep safe: Tell someone, let someone know where you're going and roughly how long you'll be. Vary your routes, avoid running the same route each run. Use your phone as a safety tracker, many running apps and other phone settings/apps have the options to share your live location with someone whilst you're running. Also look at whether your running app has an option to hide or limit map visibility, eg. Strava allows you to hide your start and end point of a run from a specific address, wherever you run from or to hide the map function completely.

What to do if you are harassed / in an emergency

If you are experiencing harassment such as wolf whistles, calling out or being followed, keep running try not to engage with the person responsible.

Change direction or run to a shop or local house to explain the situation and get support. If you are in imminent risk of harm or danger call 999.

Report any incidents to your group Run Leader or, if you run with an affiliated club, your Club Welfare Officer.

Report the incident to the Police using their 101 non-emergency number, or online to local police forces. By reporting you can make the Police aware of potential threats to the local community and they can offer you support.

Know Your Tech!

There are numerous apps and smart watch tech that can help to keep you safe, we recommend getting to know your devices and make them work for you! We've listed some key ones below, click on the logo to find out more:

Strava Beacon feature. Strava 'Fly By' Feature.