

SANDHURST JOGGERS

Recommendations for Running

At Sandhurst Joggers we offer a range of different training sessions for athletes of all levels including road, off road and track sessions. We want to ensure our athletes are as safe as possible during all these runs. Due to this fact we make the following recommendations to all our athletes:

- 1) On dark evenings - wear reflective bibs. The club will provide some reflective bibs to new members for an evening run. We expect these to be returned at the end of the run. As you run with the club for longer you should purchase your own reflective bib - this can be done at Up&Running in Camberley.
- 2) You should loop according to the recommendations of the group leader of the run and the evening that you attend. Many of our runs have specific looping points - you should be familiar with these and ensure you loop at these points and ensure the whole group is together before you set off on your route again.
- 3) Listen carefully to the instructions of the group leader. They may nominate sweepers to help them control the large groups.
- 4) You should use common sense when crossing the road. Please be aware of oncoming traffic.
- 5) If pedestrians wish to use the pavement please run in a single file to ensure room for them.
- 6) Let the group leader know if you are going home before the end of the run. We do not want to lose people.

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