

Sandhurst Joggers

Recommendations for Running

At Sandhurst Jogger we offer a range of different training sessions for athletes of all levels including road, off road and track sessions. We want to ensure that our athletes are as safe as possible during 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 from 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 larger group.
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
7. Use of iPods are discouraged at club runs as you may be unable to hear instructions, traffic and not participate in the social side of the run.
8. It is recommended that runner purchase a runners id system with their details and any medical conditions they may have on it - such as cram tags.

These 8 steps should hopefully ensure yours and other peoples safety while you enjoy your running

Yours in Sport

The committee