Safety

**Rules of the Road**

1. Don’t assume a driver sees you. In fact, imagine that a driver can’t see you.

2. Always run on the left side of the road facing traffic. The best way to avoid an untimely meeting with a vehicle is to see it coming.

3. In busy areas stay on sidewalks where possible. When running in large groups, it is much safer to be out of the way.

4. Run single file in congested areas or wherever there is oncoming traffic.

5. Respect a driver’s right to the road.

6. Use your ears as well as your eyes- if wearing head phones, keep volume low enough to hear sounds around you.

7. Beware of stopped cars making a right hand turn. Eighter stop to wait for them to turn or go behind them.

8. Don’t challenge cars to a race. If you’re both approaching an intersection, stop and let them go first.

9. Cross at cross walks or traffic signals whenever possible. Obey traffic rules and signals. Runners, as pedestrians, are bound by traffic laws.

10. Use hand signals to show which way you plan to turn.

11. If running at night, reflect gear is a must (reflective vest, blinking light, and/or headlamp).

**\*Headlamps are required for No Boundaries Fall Training at Fleet Feet Sports Richmond.**

12. If running, alone, let someone know your route and your estimated run time. Carry your phone.

13. Always carry some sort of ID.

14. If you need to stop and tie your shoe, pull of the the side of the road and out of the way.

15. Be alert at all times. Be wary of “runner’s high,” fatigue, or any lapse in concentration.

16. Carry a noisemaker or get training in self-defense and the use of pepper spray.