

GUIDE TO RUNNING IN THE DARK

Share Your Location: Always share your location with someone you trust before heading out for a run. Message this person when you arrive at your running location and once you have completed your run.

Consider enabling live location tracking to keep them updated on your whereabouts.

Personal Safety Apps: Alternatively, use a dedicated personal safety app such as [Help Me Angela](#) for additional security.

Meeting Point: Choose a well-lit meeting spot with parking nearby. Runners may feel more comfortable if they do not have to walk far to their vehicles.

Be Cautious During Odd Hours: If you run early in the morning or late at night, be extra vigilant. At these times, people might be less alert due to tiredness.

Venue: Consider running at alternative venues like athletics tracks or leisure facilities that are well-lit.

Run in Groups: Running with others increases safety. Position confident runners at the front and back of the group. In mixed groups, you might place male runners at the front, middle, and rear.

Route Planning: When planning your route, prioritise well-lit streets and avoid unlit areas like footpaths or towpaths. Ensure there are safe road-crossing points.

Visibility: The front and rear runners should wear high-visibility, brightly coloured clothing. If running near or after sunset, reflective gear is essential. Use headlamps or handheld lights for visibility and consider LED red flashing lights to signal to drivers, as they associate blinking red lights with hazards.

Post-Run Review: After the run, review the route to ensure everyone felt safe and comfortable.

Start Early: To avoid running in the dark, consider starting your run earlier in the day.

Run Leader Responsibilities

- **Route Notification:** Inform runners of the route ahead of time.
- **Route Selection:** Choose safe, well-lit routes.
- **Runner Registration:** Ensure all runners are registered for the session.
- **Runner Check-In/Out:** Account for all runners at the start and end of the run.
- **Buddy System:** Offer women the option of a buddy runner, either male or female, for added comfort.