

CORBY ATHLETIC CLUB

SAFETY GUIDELINES

ROAD RUNNING

- Make sure you are visible.
(Fluorescent / Reflective jackets available)
- Do not use headphones or any other device that impairs your hearing.
- Run with a group.
- Run on a pavement if possible.
- Run towards on coming traffic.
- Take care when crossing roads / junctions.

Everybody is responsible for their own safety when training from the club and should follow these guidelines.

All athletes under 18 **MUST** wear something White / Fluorescent / Reflective on all runs / warm ups and follow the instructions from the Coach / Assistant leading their group at all times.

Corby AC Management Team

