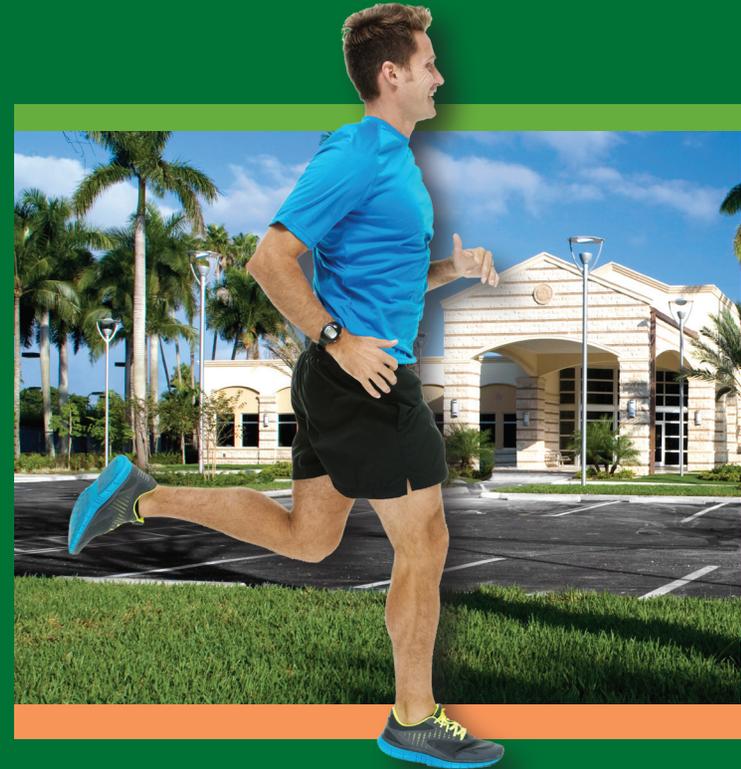


THE
CITY OF WESTON
RUNNER SAFETY



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The Nation's Premier Municipal CorporationSM

- JUNE 2015 -

RUNNER
SAFETY

Runner Safety Tips



Hot Weather Tips

The safety tips contained in this brochure are mostly common sense yet so many runners disregard them. Please use this information as a guide to ensure your next run will be a safe and enjoyable experience.

- **Run On A Sidewalk, If Available:** If running on the road, run AGAINST traffic and yield to cars and bicyclists who have the right of way on the road and/or bike lanes.
- **Don't Wear Headphones:** Be aware of your surroundings.
- **Look Both Ways Before Crossing:** Be sure the driver of a car acknowledges your right-of-way before crossing and obey all traffic signs.
- **Do Not Run More Than Two Abreast:** Do not take over the bike lane, road or sidewalk. Runners do not have the right-of-way.
- **Alert Pedestrians Of Your Presence:** A simple "on your left" warning will suffice.

- **Carry Identification:** Include medication information and blood type.
- **Carry A Cell Phone.**
- **Trust Your Intuition:** Avoid a person or area if you are unsure. Avoid unpopulated areas or unlit streets.
- **Alter Or Vary Your Running Route Pattern.**
- **Run With A Partner Or A Dog.**
- **Leave Word Of The Direction of Your Run:** Tell friends and family your running routes.
- **Ignore Verbal Harassment And Do Not Harass Others.**
- **Wear Reflective Material:** If You Run at dusk, dawn or in the dark; also carry a light or a clip-on flasher.
- **Carry a Noisemaker.**

(Tips provided by the Road Runner's Club of America.)

- **Stay hydrated:** Drink fluids every 20-30 minutes during your run.
- **Stop Running If Necessary:** When running, if you become dizzy, nauseated, have the chills, or cease to sweat...STOP. Find shade, drink fluids and seek medical attention if necessary.
- **Run In The Shade:** Avoid direct sunlight and blacktop/pavement. Apply sunscreen (spf 15 sunscreen) and wear protective eyewear with UVA/UVB protection. Consider wearing a visor.
- **Consult Your Doctor:** Before beginning a running regimen if you have heart or respiratory problems, or you are on medication.
- **Children Should Be Extra Cautious:** Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day (between 10AM - 2PM). Keep children hydrated.
- **Wear Light Colored, Breathable Clothing:** Do not wear long sleeves/pants or sweat suits. Purposefully running in sweat suits on hot days to lose weight is dangerous.