

SAFETY ON THE RUN

Running is a great way to maintain an active lifestyle, but safety is key, especially for women. It is advisable to avoid running alone. Join a local running club or find a running partner for company. The following advice applies to all runners and is particularly important for those who do run alone.

Where to Run

- Whenever possible, run during daylight hours. If running at night, choose well-lit routes in populated areas.
- Use footpaths where available and run on the side facing oncoming traffic. If there is no footpath, run on the side of the road, again facing oncoming traffic.
- Vary your routes and running times to avoid establishing predictable patterns. Be cautious about sharing your running routes on social media.
- Share your location with someone, informing them of your route and expected return time, you can use tracking applications such as Strava Beacon or Garmin LiveTrack.

Safety Gear

- Always carry a phone to call for help if needed. Consider using an app like What3Words to provide precise location information.
- Carry identification and emergency contact information.
- Consider using safety accessories such as reflective gear, lights, and personal alarms.

Behaviour

- Be aware of your surroundings. Limit the use of headphones, use one earbud, bone-conducting earphones, or keep the volume low enough to hear approaching vehicles and people.
- Trust your instincts. If something feels wrong or you feel threatened, change direction, change pace, cross the street, enter a shop or local business, or move to a populated area.
- If threatened make noise to attract attention or take out your phone to call for help, take a picture, or pretend to talk on the phone. However, do not delay if you are in danger.
- If you experience or witness suspicious behaviour, report it immediately by calling 101 or online at [Report | Crime - Police Service of Northern Ireland](#). If it is an emergency phone 999. Additionally, inform your welfare officer if you are a member of a running club.

Many Thanks to Ballymena Runners for helping develop this advice!