

RRCA WINTER SAFETY TIPS

Winter is the season for runners to be extra vigilant to ensure their personal safety. During these winter months, keep these important safety tips in mind:

1. **DON'T WEAR HEADSETS.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
2. Wear bright colored reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.
3. Stay alert and aware of your surroundings and the weather conditions. The more aware you are, the less vulnerable you are. Oncoming storms can quickly drop the temperature putting you at risk for frostbite or hypothermia if you are caught outside with the wrong kind of clothing.
4. Carry a cell phone or change for a phone call. Know the locations of call boxes and telephones along your regular route.
5. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. There are many great runners' ID products on the market. Choose the one that works best for you.
6. Write down or leave word of the direction of your run. Tell friends and family your favorite running routes. Know where to find shelter on your route if the weather gets really bad.
7. Trust your intuition about a person, area, or outside conditions. React on your intuition and avoid a situation if you are unsure. If something tells you a situation is not "right", it isn't.
8. Run with a partner. If it's your favorite four-legged friend, protect their feet against the cold and ice as well as yours.
9. Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes but be mindful of oncoming traffic. Avoid running on the roads in snowy conditions. Drivers have a decreased ability to maneuver and stop.
10. Run against traffic so you can observe approaching automobiles.
11. Wear layers of clothing that will help you maintain your core body temperature during the run but will keep you warm during warm-up and cool-down phases. If you drive to a running trail or route, leave a change of dry cloths and a blanket in the car for emergency situations.
12. Do not ignore shivering. It is an important first sign that the body is losing heat.
13. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

For more information on cold-weather conditions and cold-weather health concerns, visit the Centers for Disease Control and Prevention at <http://www.bt.cdc.gov/disasters/winter/>