



South Galway AC – Road running policy

This policy follows guidelines set out by the Road Safety Authority.

All Club members agree to follow these guidelines when running or walking on a public road.

The basics

Although you can't be responsible for the way people drive, you can take a number of steps to make yourself safer as a pedestrian:

- Stop, look and listen
- Don't try to cross the road between parked cars
- If possible, cross at a pedestrian crossing or traffic lights
- Never cross at a bend
- If there is a footpath use it
- If there is no footpath, walk/run/jog on the right hand side of the road, facing oncoming traffic and keeping as close as possible to the side of the road
- Walk no more than two abreast and if the road is narrow or there is heavy traffic, walk in single file
- Do not use headphones while running on a public road.

Increase your visibility

More than two-thirds of fatal pedestrian collisions happen at night. Although you can hear a car coming and see its lights, the driver may not see you (and certainly won't hear you).

To protect yourself make sure you:

- Always wear a pair of reflective armbands, high-visibility belt or other reflective or fluorescent clothing which will help you to be seen from a distance
- Carry a torch on country roads