

# Urban Swaras Running Club

## Safety and security during club runs

The following safety and security measures will help runners improve their safety during club runs.

### Individual measures

1. Sign the personal details form. This records your emergency contact details, your blood type, and any allergies you may have.
2. Confirm attendance to upcoming runs. This guides the club when planning for adequate parking and security for both the vehicles and runners.
3. Sign in before the run. This helps the official on duty to ensure that all runners are accounted for after the run. Search parties have been deployed in past incidents where a runner has not returned.
4. Wear the club T-shirt during all club runs. This is for ease of identification on the trail by your fellow runners, the Trail Fox and support crew, security personnel and the local community. The club T-shirts have been designed to be highly visible for our safety.
5. Wear the club road ID. This bears your name, blood type and emergency contact details.
6. Look out for each other and stick together on isolated or hazardous sections of the trails.
7. When running on the road, always run in the opposite direction to traffic. In Kenya, vehicles drive on the left, therefore we run on the right. This ensures that if a driver doesn't see us, we can see them.
8. Don't use earphones whilst running. They block out the sound of vehicles and people who may wish to gain your attention. They also make you a target for crime.

### Club measures

1. Inform the local administration of the upcoming run so that they in turn inform the community and any local security groups.
2. Hire security personnel.
3. Provide club T-shirts and road IDs for sale to members.
4. Avoid unsafe trails, routes and venues.

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