RUNNING SAFELY

We want you to have lots of fun whilst raising funds but your safety is vitally important, so please ensure that you are fit to take part in the activity that you choose.

Being safe is something the RNLI is very passionate about, so please take into consideration the following guidance for your activity.

Pre run preparations

• If you’re new to running, do some research for training, nutrition and practical tips. There’s a wealth of running information available so take advantage of it!
• Consider most suitable options for your route and time of the day to do your run.
• Check the weather forecast and plan for the conditions in advance. It’s sensible to have several clothing options available and select the most suitable on the day. Layers work well if it’s chilly or windy, you may also want to consider gloves, a hat or light waterproof. Remember to also take a warm cover up for afterwards.
• Plan what you’ll eat and drink before your run, it’s important to ensure your body will have sufficient energy levels, so well balanced meals and appropriate levels of water. Ensure you carry a water bottle during the run.

Warm up

• Your warm up should be specific to the distance being run, shorter distances will require a longer routine. Broadly speaking you should spend at least 15 mins warming up, to help avoid injury and get your body ready for the run.

Slips and falls

• If running in wet conditions, ensure you take great care as roads, pavements and paths will be extra slippery, so paying extra attention to your footing is crucial. Avoid running through standing water as it may contain hidden holes or uneven surfaces. It’s likely you’ll need to slow your pace due to the conditions, only go as fast as you can safely handle.

Post run

• It’s advisable to maintain a level of activity immediately following a run, so walk around for a period of time before moving onto stretches, this will help keep the blood flowing and help avoid leg cramps or fainting. Also ensure you are stay warm and hydrated and the same time.

Remember don’t push yourself too hard or too quick, run at the pace at which you feel most comfortable.

For further information on safe and legal fundraising, please visit our dedicated page on the RNLI’s website https://rnli.org/support-us/raise-money/safe-and-legal-fundraising.

The RNLI cannot accept liability for accidents or damage, even when that event or activity is run to raise money for the charity.