

SE Fitness - Guide to safer Walking & Running

Sutton Park is a natural park - conditions will change daily. Please be aware of the following:

- Obstacles e.g. fallen trees, low branches, tree roots, boulders, rabbit holes, uneven surfaces.
- Climate changes causing routes to become - muddy, boggy, flooded, slippery, frozen, snow covered.
- If the red flag is flying at the 'flying field' (top of spider hill) please observe the boundaries

Walking or Running on roads surrounding Sutton Park:

- Wear reflective clothing after dusk.
- Walk/run on the pavement at all times - if no pavement face oncoming traffic.
- Use safe crossings and don't assume car drivers can see you just because you can see them.
- Take care at side turnings, vehicles emerging over pavements, bicycles & other pedestrians
- Respect other road users by following The Highway Code and try to avoid uneven pavements, kerbs, tree routes, low branches, street furniture and other obstacles.

Group Walking/Running

- Keep enough distance between yourself and the person in front so you can see any obstacles.
- Don't let anyone walk/run alone – be aware of others in your group.
- Dogs on or off the lead may be hazardous and thus, are not permitted.

In Summer

- Make sure you are adequately hydrated before, during and after exercise.
- If you feel dizzy or nauseated, stop running and have a drink.

In Winter

- Dress for the climate – use a layer approach so layers can be removed or replaced.
- Protect the extremities – wear gloves and a hat in cold weather.
- Be extra careful in icy, snowy or foggy conditions.
- Post exercise remove damp clothing and replace with dry clothing.

General safety advice

- Seek medical advice from your Doctor if you have a pre-existing medical condition that you think may place you at increased risk when exercising.
- Warm up and cool down as you have been shown, before and after exercise.
- Start slowly and build up gradually – know your limits.
- Rest and recovery are important.
- Keep hydrated as you will perspire and need to replace lost fluids.
- Keep alert and observant (no head phones).
- Wear suitable running shoes/walking boots for the conditions.
- Carry a drink if exercising for long periods (over an hour) in the heat.
- Carry identification i.e. name, phone number and any special medical information.

There are occasions when one shouldn't exercise:

- If advised by your G.P. not to, due to a medical condition.
- When injured, just eaten, hungover, high B.P., high temperature, feeling unwell.