



## **Running in darkness policy**

Macedon Ranges Running Club is a social, long distance, non competitive running club.

Club members run for a variety of different reasons and at a variety of speeds. Everyone is welcome to join in for a run.

When running as a group at night, members should run with a light and in light coloured or reflective clothing.

It is the responsibility of the individual to provide a light. Lights that could be used include headlamps or simple torches. Due to the area in which we run not having sufficiently lit running paths, lights are needed to reduce tripping over uneven ground and increases a runner's visibility to drivers and other pedestrians.

Reflective vests are recommended.

This policy should also be taken as advice to all members whilst running alone for your personal safety.