

Club Guidance – Clothing when Running in Low Light and Darkness

As club members, we are all responsible for keeping risks to a minimum when running. The risks increase significantly when running in poor light and darkness. Wearing reflective high-visibility clothing and accessories ensure that we can be easily seen by drivers and other road users, as such we would like all club members to follow the guidance set out below.

- If you are running with the club at night, you should wear clothing which has been designed with integral reflective material such as reflective panels, sleeves, stripes etc. These panels should be visible from both the front and back. The small reflective markers on the rear of trainers and shorts etc will also help but they are usually inadequate on their own.
- If your clothing does not have suitable integral reflective material, you should wear other additional reflective accessories such as a belt, tabard, arm or leg bands, but again they should be visible from the front and back.
- Torches provide illumination for a runner and a limited level of visibility to others. Torches are not as effective as reflective material for being seen and, are best worn when accompanied by other reflective accessories or clothing. If you choose to wear only a torch and no reflective accessories or clothing a rear red light should also be worn.
- Whilst high-visibility and brightly coloured clothing provide excellent daytime visibility to road users, and improve nighttime visibility, without reflective material they are unlikely to be sufficient.

The best guidance is ‘*see and be seen*’



Picture courtesy of the Highway Code ([open Gov](#))