

Running on Campus

with Run Wild MCR



Stay active on campus by trying out our running routes put together by Run Wild MCR!

Our student society Run Wild have worked with UoM Sport to select three routes based around the three key campus areas to help you go on tried and tested runs close to your residence.

Click ***here*** to see the details of the three routes.

Run Wild also lead group runs every Tuesday and Thursday evening. Please sign up to these runs via the Run Wild Facebook page - ***RunWildMCR***

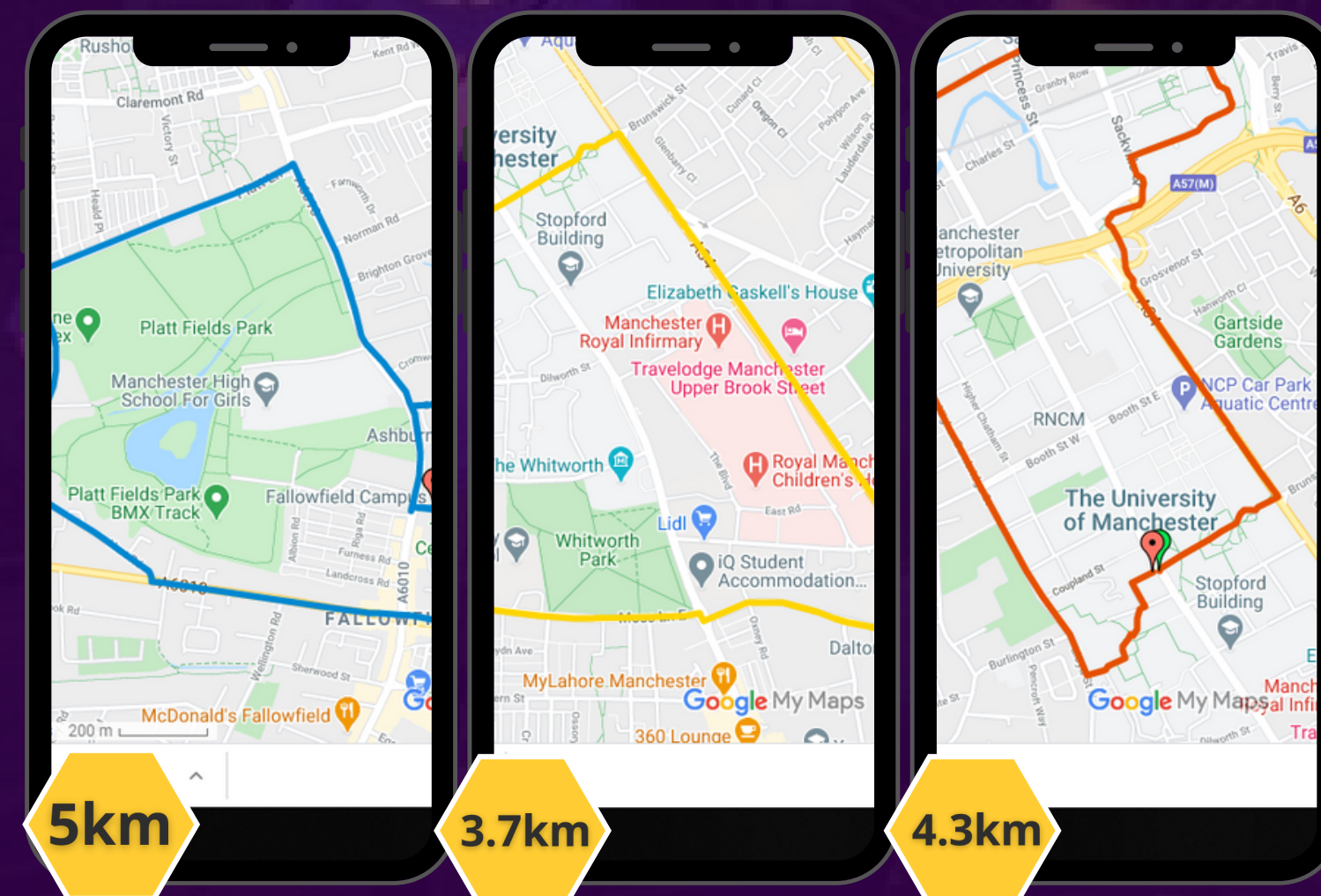
Please read our guidelines if you are going out running alone, or in small groups. You can find them below.

<https://www.sport.manchester.ac.uk/sport-and-activity/sporticipate/>

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**Fallowfield
Campus**

**Victoria
Campus**

**City
Campus**

#ActiveAnywhere

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This document outlines the responsibilities of you as individual runners and in small groups not supervised by run leaders. These are general guidelines and safety tips, please make sure you take note of these tips when running alone or in small groups.

When running alone, or in small groups with no run leader, please be aware of the following:

Guidelines For Runners

- Ensure you have let friends, or housemates know that you have gone on a run if you are going alone
- A warm up if advised before you go on any runs, especially as the weather gets colder
- Carry asthma inhalers or other medication if you are likely to need them
- Ensure you are well-hydrated and have eaten recently before the run to avoid headaches/illness
- Ensure you are wearing appropriate clothing for the run, accounting for the weather conditions
- Be aware of surroundings and changes in environment on any route you go on. As daylight hours change don't put yourself at risk, avoid isolated, dark areas and stick to well lit, populated areas
- Use your own judgement at road crossings and traffic lights, and adhere to the highway code at all times

Covid-19 Running Guidelines

- Comply with current social distancing guidelines/laws at all times. Avoid running for 14 days if you come into contact with anyone who has tested positive for COVID-19
- Avoid running if you, or anyone you live with is experiencing COVID-19 symptoms
- Make the people you have run with aware if you test positive for COVID-19 within 14 days of taking part in a small group run
- Avoid spitting or clearing your nose during the run
- Ensure you wash your hands thoroughly before and after all runs
- Consult a medical professional for advice before embarking on runs if you fall into vulnerable or shielding categories
- Wear a face covering/mask if you are able to, without it affecting your running