

# Running on Campus

## with Run Wild MCR

VPW21

5km



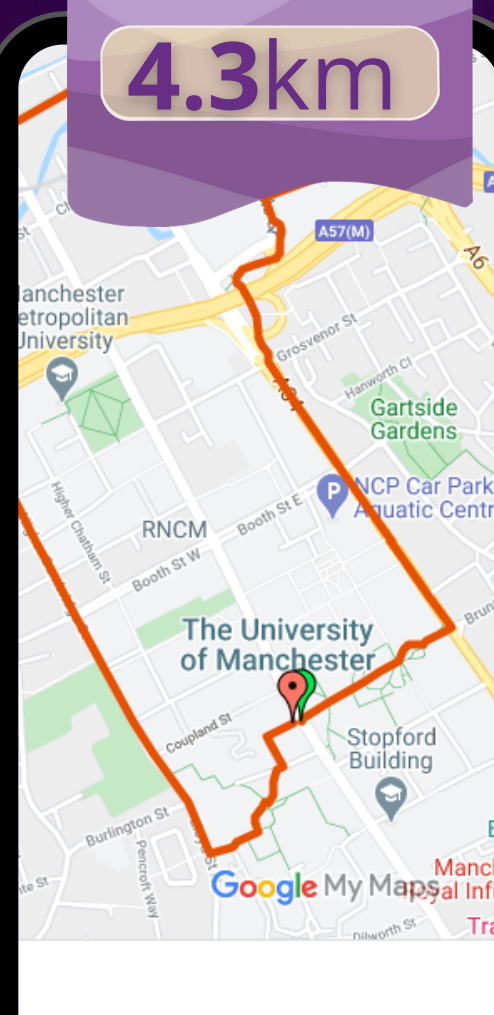
Fallowfield  
Campus

3.7km



Victoria  
Campus

4.3km



City  
Campus

Get ready for the PurpleWave 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 on the maps to see the details of the three routes.

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

<https://www.sport.manchester.ac.uk/purple-wave>



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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