

Running And Road Safety @NTU

Common Rights

Runners and joggers on NTU roads have the same shared responsibilities with all other road users. It may be difficult for some vehicle drivers to react swiftly to avoid accidents, hence it would be in your interest to avoid them and be as SAFE as possible!

General Precautions

DON'T WEAR HEADSETS. You need to be aware of events around you all the time. Using headphones will distract your hearing and thus oblivious to any approaching dangers. If you REALLY need a head set, avoid headsets with ear inserts and turn the volume down!

Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.

Be Seen! You can never be too visible! Always wear bright or light-coloured clothing in the day - fluorescent if possible covering at least the body - front and back. A small fluorescent wristband is inadequate for visibility to drivers.

Stay on the pavement always. Do not run on the roads. This will force cars to overtake dangerously and thus putting drivers' lives at risks. Remember roads in NTU are mostly single lane and many roads are with double white lines where overtaking is prohibited.

Always face oncoming traffic (i.e. run on the right-hand side of the road) if there is no pavement. This way, you can always see what's coming and take evasive action if necessary. **Never assume you've been seen!**

Always be considerate of other road/pavement users! **Give way to pedestrians, especially elderly and young children** and do NOT force pedestrians onto the road.

NEVER run across the road in front of cars! Give ample warning that you would like to cross. If possible raise your hand to attract attention of drivers.

Do NOT step off the pavement without checking for vehicles and cyclists. Cyclists do not make a noise and you can be hurt by the impact.

Run with a partner, but in a single line on pavement. If you need to overtake another runner, look behind and front before doing so.

Be careful when running along side of a stationary car. The doors may open suddenly or the car may pull out without warning.

SLOW DOWN or WALK near bus stops, road junctions or zebra crossings.

Do not “jay walk” (i.e. 50m on either side of a designated crossing). Do not run on the road around the circle (at ADM and Nanyang Heights). Cars will be turning and the drivers cannot see you until it is too late.

Avoid running on grass patch due to possibility of depressions or drains. Be aware of pavement conditions example cracks, uneven surfaces, broken branches that will cause serious trips and falls.

Learn to fall correctly whilst on the road - onto the grass and not towards the road.

When running next to a grass patch or a forested area, be prepared of small animals (snakes, iguanas) crossing your running path.

Avoid running in the rain or thunderstorm. You may be struck by lightning or the rain/wind may cause the tree branches to fall on you.

Stay hydrated. Drink water well before run and after running when you have cooled down. When running, if you become dizzy, nauseated, have dry skin or the chills, STOP running and try to get a drink. **If you do not feel better, get help FAST.**

Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewellery.

Additional precautions when running in the night:

BE SEEN!! ALWAYS wear a REFLECTIVE bib or sash. Avoid dark clothing.

Always run with someone else, and plan your routes and stick to it.

Run in well lit areas. Carry a small touch light if necessary to signal to drivers. It helps drivers/other people see you.

Carry a noisemaker and/or whistle, especially ladies running alone.

Run slower after dusk, dawn or in poor visibility (night). Be aware as cars tend to speed during these times.

*Information compiled by **Office of Health and Safety, NTU.**
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