

OLD MALDEN STREET O EVENT – 16th April to 17th May 2021

START/FINISH: Malden Manor Station Forecourt

Event Safety Notes:

Thank you for entering this event this evening. I am duty bound to remind you of the following safety issues that you must consider when taking part tonight.

1. Please **take care crossing all roads and use pedestrian crossings where available.**
2. Please take care when finding control answers near to roads. **Look out for traffic first if you have to step into the road** to read the number.
3. Please take care when running in **alleyways for barriers.**
4. Please only use **marked paths when crossing open areas.**
5. Consider the surface on which you are running. **The streets and paths may be slippery**, so run within your limits and take care on corners.
6. When running, **consider other pedestrians** you may come across and give them a wide berth if approaching from behind.
7. Carrying a pen or pencil in a pocket could cause injury if you trip and fall onto it. It is **safest that you carry your writing implement in your hand** or at least consider this injury possibility when securing it.
8. Please **try to avoid shining a torch or headtorch into house windows**, it could cause alarm to the house inhabitants. There are no control answers located on house walls.
9. **If you are unfortunate to suffer injury whilst on this event and you need assistance, if you are carrying a mobile, my number is at the bottom of the answer sheet.** If you are not carrying a mobile use your whistle if you are able to.
10. Finally, please **do not use any routes that have red crosses through them** – they are crossed out for a reason!

Stay safe and enjoy your run.

Bob Reed

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