

GO Fitness Safety Statement

At Great Outdoor Fitness, we want you to have a good workout and have fun. Let's do all possible to stay safe and injury free.

Safety Tips and Guidelines:

1. Dress for the activity

- Wear supportive trainers in good condition with solid grip.
- Choose light-coloured or reflective clothing, especially when exercising in dark or dimly lit conditions.

2. Listen carefully

- Follow instructions and routes carefully, and if anything is unclear, please ask.

3. Communicate

- We're here to guide, not command. If any exercise or route feels outside your comfort zone, feel free to opt out or ask for an alternative.
- If you feel dizzy, unwell, or experience pain, stop and alert the instructor.
- If you need to leave a class midway through, inform the instructor so we're aware of your whereabouts.
- If you become aware of an obstacle or hazard, alert the instructor.
- When running (particularly outside of the park) try to run with others where possible and look out for each other.

4. Stay hydrated

- Whatever the weather, make sure you arrive hydrated. We always carry water, and you can ask for it at any point.

5. Safety Beyond the Parks

- Whether we're in or outside the parks, observe the same safety precautions you would on your own. Remember, crossing a road safely always takes priority over keeping up with the person in front of you.

Accidents

If you suffer an injury during a session, please let me know so that we can keep a record, check in on you, and understand if there is anything we can do differently.

If you become unwell or have an accident and you find yourself temporarily on your own, please stay where you are if it is safe to do so, and your instructor will find you on the prescribed route.

A note on torches

Torches can cause controversy among runners, for some a torch is a vital aid to night running, for others they can prove a hazard as the glare can be distracting.



If you feel you need to use one, then please be mindful of other participants. It might be worth considering a chest strap torch model which are designed so that there is no eye level glare.

When we are running outside of the park torches can be used as we are generally running in one direction. Where we are running around a track inside the park which is generally better lit, or congregating together, then they need to be turned off.

This of course is something that can be discussed and reviewed on an individual basis.

Final Note

Your safety is our priority, but it's also your responsibility. Stay aware, communicate with your instructor, and enjoy your workout.