



CIRCULAR TO ALL ATHLETES

Road Safety and Running Conduct During Training and Club Time Trials

Dear Athletes,

EPA has recently received concerns regarding the safety of group running activities on public roads. These concerns relate primarily to runners occupying large portions of the roadway, running two or three abreast in traffic areas, and obstructing the normal flow of vehicles.

While EPA encourages the active use of public spaces for training, it is essential that all members recognise that public roads are shared environments. The safety of runners, motorists, cyclists, and residents must always remain a priority.

Athletes are therefore reminded that, in terms of the **National Road Traffic Act 93 of 1996**, pedestrians (including runners) are required to adhere to specific road safety rules. Where no sidewalk or pavement is available, athletes must run on the right-hand side of the roadway facing oncoming traffic and may not unnecessarily obstruct the movement of vehicles.

In light of this, all athletes are required to observe the following safety and conduct guidelines during training runs:

- Run on the **right-hand side of the road**, facing oncoming traffic where no pavement is available.
- Run in **single file** when traffic is present or when road conditions require it.
- **Do not spread across the roadway** or occupy unnecessary road space.
- Keep **as close as reasonably possible to the edge of the road** to allow vehicles to pass safely.
- Remain **alert and aware of approaching traffic** at all times.
- Conduct yourselves in a **courteous and respectful manner** toward motorists, cyclists, and residents.

EPA takes these concerns seriously. Unsafe running practices not only place athletes at risk but may also negatively affect the reputation of your Club, EPA and the broader running community.

All group run leaders are requested to remind athletes of these requirements prior to the start of group runs, particularly when using routes with significant motor vehicle traffic.

Your cooperation in ensuring safe and responsible road use is appreciated. By maintaining disciplined and considerate behaviour on public roads, we can help prevent accidents and maintain positive relationships with the communities in which we train.