

Roxbury Races Health and Safety Policy

Running and Racing on open roads has inherent risks but they can be reduced by following common sense practices outlined in part below.

- Running on roads that are open to traffic- always be on the alert for vehicular traffic. Be courteous to the motorists, stay in single file, wear bright colored and reflective gear, use common sense when running on roads with vehicles. Stay clear of emergency vehicles and allow them to pass.
- Running on roads and trails- many races take place on courses with uneven footing. Use care when running on uneven surfaces. During the winter months ice and snow may be on the roads. Please act appropriately as necessary.
- Running in heat or cold- Roxbury can have extremes of heat, cold, humidity, wind, and weather. Be extremely careful and use common sense when running in inclement weather.
- Injured Runners- Please be helpful to make certain that any injured runner is safe on the course and is supported until appropriate care is arranged.
- Running during cold and flu season, and during infectious outbreaks- Please don't attend or run if you are sick or contagious. Practice good hand hygiene and cover coughs and sneezes. Maintain social distance if appropriate. Follow advice of authorities as appropriate.

Always follow the direction of The Race Director and other officials. Use common sense while running and racing in Roxbury. Always be aware of your surroundings and the risks of running in Racing in Roxbury.