

Safe Return to Training

With athletics training returning across the country, now is a good time to take a moment and remind ourselves of the extra safety considerations for **wheelchair** and **frame running** athletes.

Here are some points for consideration to ensure a safe and enjoyable return to training:

Is the Wheelchair or Frame Safe?

It's possible that the equipment has been unused for quite a period, some basic checks are needed:

- Check tyre pressure and tread.
- Check the frame for loose parts or obvious damage.
- Listen for any rattling / catching noises.
- Check that it fits as it did before and adjust if needed.
- Make sure brakes are in working order.



Minimise Risks

General Safety Reminders:

- Athletes should always wear a helmet.
- Use correct gloves for pushing.
- Check helmet and gloves for wear and tear.
- Be aware of time in the chair, build up gradually.
- Have tools, pump, and puncture repair kit handy.

Training Safely on the Track

Reminders for safe use of track:

- Remove hazards where possible e.g. hurdles, cones, water bottles or highlight them when unable to be moved.
- Allocate lanes or faster athletes use inside lanes.
- Check behind before moving and communicate when overtaking.

Training Safely on the Road

Reminders for safe training on the road:

- Use a flag to improve visibility or train with someone on a bike / in a car.
- Carry basic tools and puncture repair kit.
- Have knowledge of how to do simple repairs.
- Inform someone of your route and timings.
- Carry a phone where possible.

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