

# STAY SEEN



Don't let the cold, dark winter nights deter you from maintaining that crucial netball fitness. Whether it's running, cycling or exercising outdoors, you can stay fit, stay safe and stay seen! Just follow these simple tips...

**1.** To make sure you stay seen in the dark wear high-visibility and reflective clothes while travelling to and from work, school, training or matches. Pull warm, waterproof and windproof layers over your netball kit. Bright colours, neon yellow, high-vis and reflective materials are great

go-to options to keep yourself seen and safe.

**2.** Think about more than clothing – high-vis headbands, rucksacks and arm or ankle bands can also be used to draw attention to yourself but make sure hats and scarves don't obstruct your peripheral vision.

**3.** Always use lights when cycling – white on the front and red on the back.



Remember to check and charge the batteries so that they last the duration of your journey. Lights can also be used on rucksacks or in pockets when running.

**4.** Plan an appropriate route before you leave for your session. It is important to familiarise yourself with your route and carefully planning your journey will help you to avoid areas that are poorly lit or have heavy traffic.

**5.** Always run in the opposite direction to oncoming traffic. Never assume that drivers can see you – if you can't see them, they might not see you. Even if you're running late remember to stop, look and listen when crossing roads or junctions. Don't rush and take a risk. Always wait and stay safe!

**6.** After a long tiring day or tough training session it is important to stay alert when making your way home. Keeping hydrated through the day and refuelling after training can help to keep your energy and concentration levels up.

Whatever you're doing this winter, make sure you stand out when you're out and about.

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