

# FALL PREVENTION

At Lynchburg Road Runners, we prioritize the safety and well-being of our members. Falls can happen, but understanding how to prevent them and knowing what actions to take if they occur can make a significant difference. We recommend discussing fall prevention strategies and any concerns with a trusted medical provider. They can offer personalized advice based on your health and running habits. By staying informed and proactive, we can continue to enjoy running safely as a community.



## WEAR PROPERLY FITTING GEAR

Wearing properly fitting gear helps prevent falls while running by ensuring stability, reducing tripping hazards, and allowing for full, safe movement. Properly fitting running shoes should offer snug support in the heel, enough room to wiggle your toes, no slipping or tight pressure points and shoelaces should be tied and kept off the ground.

## RUN ON WELL MAINTAINED PATHS

Running on well-maintained paths helps prevent falls by reducing the risk of tripping over uneven surfaces, debris, or unexpected obstacles. Be extra cautious after inclement weather, as rain, snow, or ice can make even smooth paths slippery and unpredictable. Keep in mind that ice can form even when air temperatures are as high as 37°F.

## MAINTAIN GOOD RUNNING FORM

Good running form helps prevent falls by promoting balance and control. This includes keeping your head up, shoulders relaxed, arms swinging naturally, and landing mid-foot with a slight forward lean.

## INCORPORATE BALANCE EXERCISES

Incorporating balance exercises into your routine helps prevent falls by strengthening stability and coordination. Try single-leg stands, heel-to-toe walks, and standing leg lifts to improve your balance. Over time, work up to putting on socks and shoes while standing on one leg.

## INCORPORATE STRENGTH TRAINING

Incorporating strength training helps prevent falls by building muscle support and improving stability, especially through a strong core. Focus on exercises like planks, bridges, and bird-dogs to enhance core strength and balance.

## GET A VISION AND HEARING EXAM

Getting a yearly vision and hearing exam is important for fall prevention when running, as clear sight and sound help you stay aware of your surroundings. Hearing exams are especially important because the inner ear plays a key role in balance and coordination.



# WHEN THERE IS AN INCIDENT

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## TRY TO MINIMIZE THE IMPACT

If you do fall while running, try to minimize impact to reduce injury. Two practical tips: tuck your chin to protect your head and try to roll rather than landing stiffly to spread out the force of the fall.

## IF YOU ARE ABLE TO GET UP

After a fall, promptly assess your condition and, if able, move out of the main path to avoid obstructing others who may not see you. This quick action helps prevent further accidents and ensures your safety and that of fellow runners.

## SEEK MEDICAL ATTENTION

If you experience a fall while running, especially one involving a head impact, seek medical attention promptly. Head injuries can be serious, and symptoms may not appear immediately. It's important to be evaluated by a healthcare professional to rule out any serious conditions,

## UTILIZE FALL DETECTION DEVICES

Incorporating fall detection devices, such as smartwatches with built-in sensors, can enhance safety during runs by automatically alerting emergency contacts if a fall is detected. Additionally, wearing an ID bracelet ensures that, in case of an emergency, responders have immediate access to your identification and medical information.

## LET SOMEONE KNOW ABOUT THE FALL

Reporting a fall not only ensures you receive necessary medical attention but also alerts others to potential hazards like uneven surfaces or poor lighting, allowing for timely corrective actions to prevent future incidents.

## REST AND RECOVER

Rest and recovery after a fall are crucial for healing and preventing further injury. Proper rest allows your body time to recover. It's important to balance rest with appropriate, guided activity as advised by healthcare professionals to ensure proper healing and reduce the risk of falling again.

