

CODE OF CONDUCT FOR GROUP LEADERS

- Before you start running introduce yourself to the group and briefly explain the session that they are about to undertake, pace, route, etc.
- Always ask whether anyone is new to the group or is feeling unwell or carrying an injury.
- Ensure that everyone has proper running shoes and suitable clothing i.e. hi-visibility tops during dark evenings.
- Ensure that no one in the group is wearing headphones that may impair their ability to hear and follow instructions.
- Do not always lead the group from the front. Be aware of the whole group and remember to look out for all runners from the front to the back.
- Begin each session with a gentle warm-up of at least 5 to 10 minutes of light running. Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast.
- Encourage faster runners running off the front of the group to muster back.
- If there are more than 10 people in the group nominate a second runner as an assistant group leader.
- Respect the rights, dignity and worth of every member of the group and treat everyone equally.
- Place the welfare and safety of the group above the development of performance.
- Do not lead the group across private land or along busy or dangerous roads. Think of the whole group when crossing roads.
- Try and avoid runners returning to the Club on their own. Always ask for someone to accompany a lone runner back to the Clubhouse.
- Be particularly aware of slower runners or new runners to the group.
- Always carry a mobile phone with you or ensure that someone in the group has one.
- Never engage in any inappropriate or illegal behaviour.
- Encourage – motivate – gain respect – offer advice.

CODE OF CONDUCT FOR CLUB MEMBER RUNNERS

- Listen to the group leader and respect what they have to say, they have the best interests of the group in mind.
- Respect pedestrians and other road users. Give way to others when necessary.
- Always wear suitable clothing and proper running shoes. Whilst running on dark evenings wear light coloured or hi-vis clothing. It is also advisable to carry a torch.
- On group runs do not wear headphones, for safety and communication with others.
- Do not run too far off the front of a group and always muster back at regular intervals or when requested to by the group leader. If you find yourself constantly running off the front then you may want to consider a faster pace group.
- Do not feel obliged to keep up with faster runners who running off the front at a pace faster than that set by the group. Run within the pace parameters set by the run leader and group.
- Be honest about your ability. If the group that you are in is too fast or too slow then consider changing groups at the next session.
- Respect private land, close gates after passing through them and run in single file along footpaths.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Treat others with the same respect and fairness that you wish to receive.
- Inform the group leader if you have any injury or illness that may affect your running.
- Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own.
- Warn other runners around you of impending hazards, pedestrians etc.
- If unsure ask for advice.
- Do not leave a session without first informing your run leader.