



CODE OF CONDUCT FOR MEMBERS

- Listen to the group leader/coach 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.
- Do not run too far off the front of a group and always regroup at regular intervals or when requested to by the group leader.
- 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.
- Do not use inappropriate or offensive language whilst running with the club. Any verbal or physical violence will result in termination of membership forfeiting and membership fees paid.
- 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. If asthmatic it's the athlete's responsibility to carry a suitable inhaler prescribed to you.
- 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.