**GUIDELINES FOR CLUB RUNS *(Code of Conduct)* CLUB MEMBERS**

These guidelines form part of the club’s Health and Safety Policy.

It is important for everyone to note that whilst the Run Leader(s) are responsible for the safe operations of the group, individual runners are still responsible for their own safety and the safety of fellow runners.

Official Club runs are always led by one, or a combination of the following:

1. Lydiard Foundation Level II qualified coach.

2. England Athletics Leading in Running Fitness qualified run leader.

3. Association of Running Club’s insured run leaders, trained by our Club Coach and ratified as competent by the Committee.

4. Association of Running Club’s insured Assistant Run leaders, working in pairs where possible.

Training Session Ethos

* The club recognises the varied interests and motivations of our members and we do our best to cater for all.
* We believe running should be enjoyable and as such all sessions are welcoming and friendly designed to meet the needs of the group, whether club members are running for health and fitness or training for events.
* Club training is influenced by the principles of Lydiard Training and promotes the benefits of Chatty running.

**All club members running with a group should:**

* Always follow the instructions from the coach or run leader.
* Wear high-visibility clothing in the darker months and head or chest torches if running in unlit areas such as the forest or lanes.
* Not wear headphones.
* Inform the Run Leader of any illness or injury concerns.
* Inform the Run Leader if they are new or have recently moved up a group.
* Bring appropriate medication if required.
* Notify the Run Leader if you are leaving the run for whatever reason (or if that’s not possible, another member of the group.)
* If you choose to run with a group that is slower than your usual pace, please moderate your pace to fit in with the group.
* Look to place themselves in the appropriate group based on their ability. If they find themselves at the front of the group most weeks, way ahead of the group, consider moving up a group. Conversely, if they find themselves at the back most weeks struggling to keep up, consider a slower paced group.
* Stay alert and aware of the surroundings.
* Use common sense when crossing roads. Use crossings where they are available.
* Give way to other pedestrians/path users when necessary.
* Warn other runners around you of impending hazards, cars approaching on lanes, pedestrians, dustbins, low hanging branches etc.
* Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own or inform your Run Leader.