

## CODE OF CONDUCT FOR ROAD RUNNERS

1. Listen to the group leader and respect what they have to say, they have the best interests of the group in mind.
2. Respect pedestrians and other road users. Give way to others when necessary.
3. Always wear suitable clothing and proper running shoes. Whilst running on dark evenings wear light coloured or hi-vis clothing.
4. 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.
5. 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.
6. Respect private land, close gates after passing through them and run in single file along footpaths.
7. Do not use inappropriate or offensive language whilst running with the club.
8. Treat others with the same respect and fairness that you wish to receive.
9. Inform the group leader if you have any injury or illness that may affect your running.
10. Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own.
11. Warn other runners around you of impending hazards, pedestrians etc.
12. If unsure ask for advice.

### Junior Members:

**Wimborne Athletic Club** encourages and welcomes junior members to join Club runs however:

1. **Runners under the age of 18** must be accompanied on the run by a Nominated Adult who should be an adult nominated by the junior member's parent or guardian to take responsibility for that junior member. The Nominated Adult is responsible not only for the junior's safety and wellbeing but also to decide whether the proposed route and group level is appropriate and safe for the junior member for whom he/she has responsibility
2. Notify a responsible adult if you have to go somewhere during a training session or competition.
3. Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you train. Do not respond if someone seeks private information, unrelated to athletics e.g. home life.
4. Use safe transport or travel arrangements. Never accept a lift in cars or invitations into homes on your own or without the prior knowledge and consent of your parent / guardian.
5. Speak out immediately if anything makes you concerned or uncomfortable. Tell your parents / guardian and / or the Club Child Protection Officer if you suspect that you or a club mate has suffered from misconduct by someone else.