

HORLEY HARRIERS

Code of Conduct



As a participant in any club-led running group you are asked to:

- Listen to your run leader.
- Be responsible for your own safety (including ensuring roads are safe to cross) and the safety of others.
- Warn other runners around you of impending hazards.
- Inform your run leader if you have any injury, illness or long-term medical condition that may affect your running. We recommend that you carry In Case of Emergency (ICE) details on your person.
- Not leave a session early without first informing your run leader.
- Anticipate and be responsible for your own needs. Be organised, on time, and have appropriate clothing and equipment. If it's dark, wear something bright – hi vis or reflective and use a body/head torch.
- Not run on roads and keep to pavements/trails.
- Make use of the facilities before the start of the session as toilets will not be available during the session (relieving yourself in a public space is not acceptable).
- Not divert from planned routes without the knowledge and consent of the run leader.
- Always be courteous, respect and give way to members of the public.
- Run in a single file when appropriate.
- Not wear headphones.
- Not run whilst chewing gum or eating.
- Take note of any recommendations given to you by run leaders about which group is right for you and change groups when appropriate.
- Avoid carrying any items that could be dangerous to yourself or others.
- Not run too far off the front of a group. Loop back at regular intervals or when requested to by your run leader.
- Look after the other runners within your group. If someone is struggling, make sure that they are not left on their own or inform your run leader.
- Do not litter.
- Have fun.

Please remember, when attending a training session or wearing the club kit you are deemed to be an ambassador for the club. Please act with the spirit of the club in mind.