

PLYMOUTH STRIDERS CODE OF CONDUCT

These points are all of equal importance and so in no particular order.

CODE OF CONDUCT FOR ALL CLUB MEMBER RUNNERS

- Always wear suitable clothing and proper running shoes. Whilst running on dark evenings wear light coloured or hi-vis clothing. In hot weather a hat and a drink may be necessary.
- Be honest about your ability.
- Inform the group leader (or committee member) if you have any injury or illness that may affect your running
- Respect pedestrians and other road users. Give way to others when necessary.
- Do not use inappropriate or offensive language whilst running with the club or for the club.
- Treat others with the same respect and fairness that you wish to receive.
- 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. You should be at a suitable distance apart where you can hear another member call your name without too much effort.
- 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.
- Think carefully about using MP3 players on a run, you might not hear another member calling for help or informing you of hazards.(most races DO NOT allow devices as the runner cannot hear instructions or information)
- If unsure ask for advice.

PLEASE SIGN YOUR MEMBERSHIP FORM ONCE YOU ARE HAPPY WITH THE CLUB'S CODE OF CONDUCT

CODE OF CONDUCT FOR GROUP LEADERS

A General Rule for Group Leaders would be:

Encourage and motivate – use your experience to advise others on aspects of their running

- Ascertain well being of the group or if there are any newcomers
- Ensure that everyone has suitable clothing/equipment i.e. hi-visibility tops during dark evenings, suitable running/training shoes, hat for sunny runs, drink if long run or particularly hot weather.
- Do not allow large groups. Use discretion during the run and knowledge of the group to influence your decision of break-away groups/pairs. Be particularly aware of slower runners or new runners to the group.
- Everyone should be treated equally. Help, advise, assist- don't be harsh in your efforts to push the runner to his or her limit.
- Safety over Speed, ensure that your group is safe at all times- avoiding hazardous routes, always using crossings, subways, and bridges where possible.
- Try and avoid runners returning to the Club alone. Always ask for someone to accompany a lone runner back to the start point at the Woolwell Centre or other designated and AGREED place.

I have read and understand this Code of Conduct for members and leaders.

I understand that failing to comply with the code of conduct will result in Disciplinary procedures set out in the Club Constitution.

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