Running Forever Running Club

Code of Conduct

'No-one Gets Left Behind'

If you are at the front of the group, please loop for those at the back of the group. We've all been at the back, remember how it felt to be there and LOOP!

Run in the right group for you

Each group has a pace band. Please respect the group you are in!
http://www.runningforever.club/groups

Keep yourself and others safe

- listen to instructions and act upon them
- dress appropriately for the weather
- dress appropriately for light/darkness
- call out hazards
- do not take risks crossing roads
- respect other road/pavement/trail users – you can let someone past and still have a good run. A 'thank you' goes a long way!
- notify the group leader if you have to leave the run for any reason – this includes the toilet goers, those that turn back early and those with a strong homing instinct!

Be inclusive

Chat to people around you – respect and celebrate that we all have different abilities and goals. This includes online behaviour!

Report any accidents or incidents

Particularly any that have incurred an injury

Raise any problems

With the group leader or via enquiries@runningforever.club In an informal group, such as a trail run, agree a group 'leader'. This will usually be the organiser/route planner.

Wear your kit with pride

- remember that you are representing the club and our reputation for being a friendly, inclusive club is important to us.
- it is an England Athletics requirement for you to wear club colours if you entered the race as a Running Forever athlete