



RUNNING ETIQUETTE

BE AWARE OF THE OTHER RUNNERS AROUND YOU

Check to see who is in front or behind you. Make sure fellow runners know where they are going or have someone to run with, particularly in dark or uneven areas such as the subways and old train track.

GIVE WAY TO PEDESTRIANS AND OTHER ROAD OR PATH USERS

Be extra careful of pedestrians when going around corners or crossing paths. Cross the road to give others space if it's safe to do so, but do not run in the road.

RESPECT ALL MEMBERS OF THE PUBLIC

Always be polite to other road and path users or any member of the public you encounter during your run. Whilst running at club sessions and/or wearing club kit you are an ambassador for the club and we take great pride in our good reputation.

WAIT FOR DRIVERS TO SEE YOU

Before crossing a driveway or car park entrance for example. Make sure you have been seen.

BE SEEN

Wear hi-vis or bright, reflective clothing if running in the dark or half-light to ensure that drivers, cyclists and pedestrians can see you. Lit accessories on arms or shoes are also a good idea.

BE CAREFUL WITH YOUR HEADTORCH

Turn off headtorches when they are not needed, e.g. when standing in a group. Try not to shine the light in anyone's eyes!

ALWAYS LISTEN TO THE COACHES

Our coaches relay important safety information and directions at the start of sessions and during efforts sessions. Please listen quietly to what they are saying for both your benefit and the benefit of other members.

BE SENSITIVE TO OTHER MEMBERS

You never know if someone is having a bad day, what may seem like a joke to you could be upsetting to someone else. Our club promotes positive encouragement & support for all of our members at all times.

HEALTHY COMPETITION

There is nothing wrong with a little healthy, positive competition but please always be mindful of the feelings and situations of other members.

MIND YOUR LANGUAGE

Please refrain from using rude or offensive language during club sessions (no matter how hard those efforts are!) or on club communication groups.