

Code of Conduct for Runners

We believe that all runners at the club should be treated equally and fairly and should know what is expected of them from the club. This means that standards and guidelines are in place to ensure we get the best from our runners while representing the club and that your experience of running with the club is a positive one. We have developed this Code of Conduct to help ensure that everyone's experience meets their expectations, whatever your level of running.

This code of conduct will apply at training sessions, race meetings and social events:

On club nights and training sessions

- Start times of runs will be clearly advertised and those wishing to join should arrive in time – you are welcome to contact the group leader to inform them you are running late, but waiting will be at the discretion of the group leader;
- We suggest that you carry some form of identification for example an ICE Tag detailing your emergency contacts and any medical conditions e.g. diabetes or epilepsy.
- Inform your run leader of any relevant injury or illness and bring appropriate medication if needed.
- Consider the weather conditions and wear suitable clothing. When dark, members should wear hi-vis or other suitable clothing to ensure they can be clearly seen. We strongly recommend front and back lights if running in Bushy Park.
- Make sure you warm up before and cool down after sessions, run leaders will encourage this but it is a personal responsibility of all to ensure they are prepared for sessions.
- All members should take equal responsibility for ensuring that no runners are left behind at the back of the group and the faster runners should loop to the back of the group when requested by the run leader.
- If anyone needs to drop out, please ensure that the run leader is aware.
- All members will follow the Highway Code while training and not take unnecessary risks with traffic.
- All children under the age of 16 must be accompanied by a parent. If the parent isn't running then whoever is taking responsibility for the child must make this known to the run leader.
- Recognise the importance of team spirit; commend and support fellow athletes.
- Our Stragglers club vest or T-shirt should be worn for competition purposes. It is optional on club nights and for training sessions.
- When competing in races for the Club, please make sure that the rules and regulations set down by the race organisers (including transfers and deferrals) are followed.
- Pay your annual subscriptions promptly.

- If anything makes you concerned or uncomfortable or if you think a fellow athlete has suffered from misconduct you should inform the Club Welfare Officer (any information given will be treated in confidence by the club).
- Do promote a good image of The Stragglers Running Club.
- Do have fun and enjoy yourselves

Review date 31.1.2026