RunVerity Members Code of Conduct

Our looping system is to ensure that everyone in RunVerity feels included and safe. Feeling safe can take several forms so please ensure you read this policy and adhere to these guidelines especially in light of past COVID restrictions; some members may feel “unsafe” due to the proximity of another runner either running too close to them or touching them when uninvited.

Equality and Diversity is paramount so that everybody has the right to enjoy a session regardless of ability and/or a protected characteristic set out in the Equality Act of 2010.

“*We want Athletics and Running to be equally accessible to all members of society, whatever their age, disability, gender, race, ethnicity, sexuality, or social/economic status. We will continue to develop a focus on inclusion, not exclusion, and ensure that we provide appropriate advice to members to ensure that everyone can participate as fully as possible within Athletics and Running*.” England Athletics 2021.

* Respect the rights, dignity and worth of all club members, committee members, coaches, and treat everyone equally.
* Respect boundaries of other runners considering COVID restrictions, keep a distance and do not touch another runner unless invited to.
* Anticipate and be responsible for your own needs including being organised, having the appropriate equipment, and turning up on time to club sessions and events.
* Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment, and physical and sexual abuse.
* Challenge inappropriate behaviour and language by others.
* Never engage in any inappropriate or illegal behaviour.
* Not carry or consume alcohol to excess and/or illegal substances.
* Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used during your athletics activity.

Running Group Participants

As a participant in RunVerity running sessions you will:

* Listen to your run leader.
* Not divert from planned routes without the knowledge and consent of the run leader.
* Be honest about your ability. Take note of any recommendations given to you by run leaders about which group is right for you and change groups when appropriate.
* 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.
* 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.
* 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.
* Be responsible for your own safety and the safety of others. Warn other runners around you of impending hazards.
* Respect and acknowledge other road and footpath users. Be courteous and run in single file where appropriate. Close gates after passing through.