



Guidance For Group Members

1. Listen to the instructions of your leaders. They are there to ensure that your run is both enjoyable and safe.
2. Show up on time for the start of runs. It's not fair to make the group wait for late comers.
3. Come ready and fit to run – fuelled, hydrated and with the appropriate gear for the weather conditions. Always wear hi-viz on dark evenings.
4. Do not turn up for a session with any major injuries/ medical conditions/health issues that could become worse as a result of running. Please tell your leaders if you have any issues that may affect your run.
5. Alcohol and drugs do not mix with running and if you appear to be under the influence you will not be allowed to run with the group.
6. We do not accept dogs, or children under 16 on group runs.
7. Do not wear headphones during a group run.
8. Be responsible for your own safety. Cross roads in a safe manner preferably using a crossing and warn others of on-coming cars/bikes or other hazards.
9. Run no more than two abreast on busy roads, pavements or trails, so that other runners and cyclists can easily pass. Please give a smile and a thank you to anyone who stops or moves out of the way for us

10. Don't drop litter.

11. Be runner friendly! We pride ourselves in catering for all abilities of runner. If the running group gets spread out during a workout, look behind and loop back. This takes the pressure off the faster runner to run too slowly and pressure off the slower runner to run too fast. Re-group a few times during the run for safety and courtesy.

And last but not least,

12. Treat everyone with respect whether out on a run or social networking. We are all different and that's what makes us so interesting.