

# Northampton Road Runners - Code of Conduct

## Club Training Sessions

Club members train at their own risk. Most training sessions take place on well-used roads, tracks or footpaths, but may occasionally take place at locations that have not been used before. It is the responsibility of each member to determine if the terrain, weather, light level, training distance, etc. are suitable, both before and during training runs. Even in daylight wear high-vis clothing: be safe, be seen.

We also advise everyone to run in a group, it is not only safer, but more sociable. When in a group stick together and never leave anyone behind. Ultimately you are responsible for your own safety but the group will always help if required. At the end of a club training session, ensure someone knows you are back before going home.

It is recommended that you carry a phone. If you need assistance, call The Obelisk Centre 01604 843032.

*Our Club Welfare Officer is Shaun Ledington. Please contact him if you wish to discuss and resolve items of personal concern.*

## Training when dark on club nights

Members should wear reflective bibs or fluorescent clothing for club training at night. It is also advisable to wear white or a light colour under the bib to be visible when not running in artificial or reflected light. Fluorescent items show up particularly well during twilight.

## Road Running Safety

NRR encourages you to run on footpaths where they are available and where it is safe to do so. Where footpaths are not available, it is safest to face on-coming traffic (except on blind corners) and avoid dangerous situations by moving on to the verge, where on-coming vehicles are unable or reluctant to move out. Sometimes it is best just to stop on the verge until the danger has passed.

Even if facing on-coming traffic, beware of cars overtaking from behind because they will swing out to your side of the road and their sound will be masked by the car they are overtaking. If there is traffic approaching from either direction, run in single file.

Always be vigilant, for yourself and others, of all evolving traffic situations. Cross roads at appropriate safe places, always put your safety first, you are not in a race.

## Audio Devices

The use of any ear devices that inhibit hearing are not encouraged during club training runs and races. This is because such devices prevent the wearer from hearing traffic, especially from behind, and also warnings from other runners.

## Insurance

Members are not covered by any sort of personal accident or injury insurance during training sessions organised by the club. Members requiring such cover must make their own insurance arrangements. England Athletics provide Public Liability Insurance for club members during training sessions. This means that if by our negligence a third party is injured, or property is damaged, we will be covered if someone makes a claim against us.

## Wearing of club race kit

Members must wear club race vests or official claret club T-Shirts in all club, league, championship and team events when entered as a Northampton Road Runner.

## Transfer of open race entries

Members should not pass on or receive race entries and numbers unless the transfer is officially approved by the organisers.

## ***Common Sense and Courtesy Guidelines***

Members are reminded to observe some basic precautions and courtesies when running:

1. Wear high visibility clothing such as a reflective jacket, reflective bib, reflective strap and/or a white T-shirt. This is particularly important when you have to run on or cross roads. Also so pedestrians can assess that you are a fast moving runner when approaching them.
2. When crossing roads, do not follow other runners. Make your own judgement for when it is safe to cross.
3. Avoid running side by side if there are nearby pedestrians using the footpath.
4. Avoid running too close to and startling pedestrians, especially from behind. They may not hear you coming and change direction without warning so give them a wide berth to avoid a collision. If this requires running into the road, always first check for traffic, especially from behind.
5. If encountering pedestrian(s), they may feel threatened by hearing or seeing you running towards them so try to cross over to the other side of the road well before you pass.
6. If running in a group, this can be intimidating to pedestrians so always give them a wide and early berth. Also, be sure to remain alert and aware of safety issues. Avoid running too close to the runner in front or you may not see small obstructions which can cause you to stumble or trip.
7. When crossing roads or running off pavements, do not cause vehicles to brake or swerve.
8. Beware of icy patches, especially on corners.
9. If running on unlit roads/lanes/drives without a footpath, run in or near to the middle (there are less undulations) until you are sure an oncoming driver has seen you (should dip lights) and then, in good time, move over near to the right edge. If necessary, slow down or stop to avoid stumbling on the edge. After moving to the side to let a vehicle pass, allow for it (especially tractors) to be towing an unlit trailer, implement, or other vehicle before resuming your run. Take great care on bends and corners as approaching drivers will not have much time to see you. Stay on the safe side of the road.
10. Also on unlit roads and/or those without a footpath, beware of vehicles from behind, particularly if there is more than one and/or if one is overtaking another.
11. Beware of cyclists, especially without lights, riding on pavements and footpaths.
12. Don't wear an ear device - if you are listening to music you might not hear approaching traffic or warnings from other runners.