

Northampton Road Runners - Code of Conduct

Club Training Sessions

Club members train at their own risk. Most running 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. It is the responsibility of all runners to make sure that no runner is left running alone. Ultimately you are responsible for your own safety. 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 help, or you have to cut your run short, please notify the club as soon as possible by email, Facebook or phone.

Our Club Welfare Officer is Mark Lewis. 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 running 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 allowed 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 running 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 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.