

# Roundhay Runners Club Rules

## 1. Road running as an organised group

Club organised 'long' runs normally take place on Thursday evenings, mostly on local roads.

- a. Runners MUST wear a reflective high visibility top during darker months, as indicated in advance. This is normally from around October to March.
- b. Wearing of headphones for club runs is not permitted – runners need to be able to hear instructions/warnings and the club has a duty of care to ensure this, plus it's a social thing!
- c. Runners are responsible for their own safety when crossing roads and junctions and rely on their own judgement as to whether it is safe to cross or not.
- d. Run on pavements where available and safe to do so.
- e. Run on the same side of the road as the rest of the group where practicable.
- f. Remain within the group's pace guidelines.
- g. Be aware of other pavement and road users, considering their needs. In particular, pay attention at junctions and road crossings - you both might think you've Right of Way!
- h. Let the run leader know if you are going to cut short your run or leave the group.
- i. Always stop or run back at assigned re-grouping points or specific road crossings.
- j. When you are on a Club organised run, the run leader's instructions must be followed.
- k. Any accidents or incidents occurring on a club run must be reported at the time.

## 2. General conduct

Not an exhaustive list but this is to preserve the reputation and sporting equity of the Club.

- a. **When a junior cricket match is using the clubhouse, adults unconnected with the team MUST NOT use the changing rooms. This is a requirement of the NLCC child safeguarding policy.**
- b. Run in your own race number. No runner is permitted to run in another person's number unless that race has allowed and processed a transfer. Offering this is also not allowed.
- c. Abide by UKA rules and codes of conduct.
- d. Do not pressurise others to compete or train excessively, harass or bully others.
- e. Whilst representing the club, maintain good conduct always, with consideration for all other competitors and spectators. Our reputation is everything!
- f. Do not personally engage in anything that could be in contravention of UKA rules regarding performance enhancing drugs and treatments ('doping'). If you have any suspicions regarding another person, please report immediately and in confidence to the Welfare Officer. Roundhay Runners has a zero-tolerance approach to PEDs and banned treatments.

## 3. Social media

Roundhay Runners has a website, Facebook and Twitter covering several areas.

- a. Everything that gets posted on the internet is PERMANENT even if you delete it. Think twice before posting, as it is like the Club's social shop window to the world.
- b. Have fun, share the spirit of the Club but be respectful online just as you would be in person (in fact more respectful as online is shared reputation).
- c. The Club Facebook pages and groups are informally moderated and the Club reserves the right to delete posts without notice. Repeat incidents may result in a user being blocked.
- d. If you have a complaint regarding the Club's social network pages, please contact one of the committee members or the Welfare Officer direct.