

## Heaton Harriers Running Etiquette

**Safety.** Alert a run-leader to stop the run or session if someone is hurt or getting left behind. Please let someone know, ideally a run-leader, if you need to leave before the end.

**Kit.** Please use decent running shoes and always wear at least a vest (and shorts!) in the summer. On club runs we are representing Heaton Harriers, so no topless running.

**Hi-Viz.** Training on roads or in the park after dark, always wear bright, highly visible, reflective clothing. Please also use a head or chest light as sometimes paths may not be lit.

**Head torch and other night lighting:** These should be worn by everyone training with Harriers during the winter months. When wearing a head torch, please take account of others and direct the beam towards the floor, to avoid dazzling others in the training session and other users of the path.

**Polite.** Be aware of other people and revert to single file when necessary. It's nice to say thank you to others who give way to you - a big group of runners can be intimidating.

**Training groups.** Please be aware of the pace being set by the run leaders. The pace / effort is aimed at the majority of the athletes within each group. If you find that the pace is too comfortable, please move up a group rather than running off the front. Conversely, if you find the pace too high please drop back a group. Make run leaders aware that you are changing groups.

**Headphones.** Please avoid using any headphones, even bone conductors. It's important you can hear instructions and be fully aware of events around you. Running is also a social experience!

**Emergencies.** It's wise to carry with you some ID and details of any medical conditions you have. A mobile phone is also sensible. Alert a run-leader of any emergencies immediately.

**Fitness.** Please ensure you understand the session and can complete it before you start. Do not run if you feel unwell, unfit or are injured.

**Hygiene:** Please no spitting, on any group training run or on track sessions.

**Roads:** Always run on the pavements, except when crossing, please use crossing point, pelican or zebra crossing, whenever possible. Always look out for everyone within your group when crossing the road.

For long Sunday training runs, if your group is on-road, face oncoming traffic unless on a bend with a poor sightline. Follow the highway code and use marked road crossings when available.

**Hazards.** Always shout out obstacles, potholes or pedestrians to runners behind you. You may be able to see it, but they may not.

**Pedestrians and cyclists.** Always be away of other users of pavements, tracks and cycleways.

### **Representing the Club**

When attending races, events, or club activities in public spaces — including travelling to and from events — members are ambassadors for the club. Behaviour should always reflect the club's values and uphold its reputation.

Members are expected to act with courtesy and respect towards fellow runners, event officials, volunteers, members of the public, and transport staff. This includes being considerate in shared spaces, following event and venue rules, and avoiding behaviour that could bring the club into disrepute.

Any conduct that reflects negatively on the club while wearing club kit or otherwise representing the club may be addressed under the club's conduct or disciplinary procedures.