

LAUNCESTON ROAD RUNNERS

MEMBERS CODE OF CONDUCT

All members **MUST**

- ✎ Ensure their membership is paid on time.
No membership, no running!
- ✎ Wear hi-viz clothing at night and in low light conditions.
- ✎ Not wear headphones when running on open roads.
This is prohibited in races and is for your safety.
- ✎ Follow instructions of leaders and coaches.
- ✎ Show respect and encouragement to ALL members of the club.
- ✎ Loop back or wait if a social group becomes separated.

All Members **SHOULD**

- ✎ Arrive promptly for club sessions
- ✎ Ensure they are fit to participate in running activities.
- ✎ Be polite and courteous to other road and pavement users.
- ✎ Take home or bin litter from gels or drinks.
- ✎ Position themselves at an appropriate starting position for races.
- ✎ Wear club colours when participating in races.
- ✎ Let someone know where you are going when running alone.
- ✎ Use a head torch when running in the dark or low light conditions.

If you see any behavior that brings this code of conduct into disrepute, please report to a committee member.