HART ROAD RUNNERS
CODE OF CONDUCT

Updated October 2025
Version 1.1

Core Responsibilities

As a responsible member of Hart Road Runners, I will:

- abide by the rules of the Club including:
    - HRR Constitution;
    - HRR Operational Rules;
    - HRR Safeguarding and Welfare Polices and;
    - HRR Code of Conduct (this document)

  The rules of the Club are published on, or there are links from, the Hart Road Runners website:

    - https://www.hartroadrunners.co.uk/

  Some of the documents are HRR specific and some are England Athletics policy documents;
- respect the rights of every Club member both in person and via social media:
    - treat everyone equitably,
    - in no way undermine, put down or belittle them;
- participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards them in person and via social media;
- cooperate fully with others involved in the sport such as coaches, officials, team managers and representatives of the governing body both in my best interests and those of other runners;
- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment (for example reflective clothing during the winter months) and being on time;
- inform the coaches of any other coaching that I am seeking or receiving to allow the Club coach to provide the best guidance;
- act ethically, professionally and with integrity, and take responsibility for my actions;
- avoid swearing and abusive language whilst in running venues, at club functions and events, or when part of a team/squad;
- challenge and report inappropriate behaviour and language by others if observed in person or via social media;
- report issues and concerns following the Club's grievance policy or feedback process in a non-vexatious manner;
- not misuse or abuse sporting equipment and venues;
- respect boundaries between friendship and intimacy with a coach, official or other Club member;

- use safe transport or travel arrangements.

Reflective Running Clothing

When running with the Club it is compulsory for all Members to wear high-visibility reflective running clothing during the hours of dusk / darkness in winter months, between dates notified by the Chairperson.

On any organised coached sessions between these dates, the Club coach in charge of the session may refuse to coach any member not wearing reflective running clothing.

Running Etiquette

Due to the size of the Club and the numbers of Members participating at organised sessions, it is apparent that some basic rules need to be defined to ensure good running etiquette. These rules are designed to remind Members that it is everyone's duty to ensure:

- the Club is represented as a good neighbour and citizen;
- the Club is considerate to other people's health and safety; and
- Club Members are considerate of their own and other Members' health and safety.

The Club recommends that all Members shall:

- adhere to the rules for pedestrians as detailed in The Highway Code: http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_070108 and use the pavements where possible;
- only run on the roads facing oncoming traffic when it is safe to do so;
- avoid forcing other pedestrians to be near the kerb with their back to the traffic;
- avoid forcing other pedestrians to step into the road especially when they have their back to oncoming traffic;
- remain in single file when running on the roads;
- warn other runners when there is a hazard that they may not have seen when running in a group;
- follow any instruction given by the coaching staff during a coached session;
- refrain from wearing audio devices when running.

Breach of the Code Of Conduct

I understand that if I do not follow the code, action can be taken by my club and I may:

- • be asked to apologise for my behaviour
- • receive a verbal warning from my coach
- • receive a verbal or written warning from the club committee
- • be suspended from attending club training sessions
- • be suspended from the club

- • be required to leave the club.

In the event of a formal complaint about the conduct of a member, the procedure set out in the Club's Disciplinary Policy will be followed.