



CLC Striders Training Etiquette

Our aim is to ensure that everyone taking part in an organised run has a fun and safe experience and that people want to come back to our training sessions.

For training to work this we need the full support of all of those taking part.

Please be considerate and follow this etiquette:

Before the run:

- When running in the dark make yourself visible by wearing high viz/reflective clothing.
- Be aware of the weather conditions - dress and hydrate accordingly.
- All marshals will welcome you to and introduce themselves to all runners in their group.
- Please let the lead marshal in your group know if you're unsure of the route.
- Also mention to them if you have any injury concerns prior to the run.

During the run:

- All runners must take personal responsibility for their own safety.
- Keep behind the lead marshal. If they are going too slowly for you please move up to a faster group next time or volunteer to lead a new group.
- Please keep a watchful eye on the runners at the back of your group and kindly ensure that no one is left behind.
- Take care when crossing roads and driveways.
- If anyone decides to leave the group before the end of the run they **MUST** ensure at least one marshal is made aware of their decision.
- Should you see any hazards (for example cars approaching when crossing or a household bin blown across the path) please be vocal and let the rest of the group know.

After the run:

- All runners should meet back at the Sports Centre, unless pre-agreed with the lead marshal.
- Let your group leader know about any injuries on the part of a group member or any issues with the route

If you have any ideas / suggestions or feedback on how we can improve our club group runs, please email training@clcstriders-runningclub.co.uk

