



## Guidelines for Runners

Coastal Striders expects athletes, coaches, volunteers and associates to adhere to the England Athletics code of conduct, available on our website: [Coastal Striders Website](#)

Club documents, including health and safety and risk assessments, are accessible to members on our Facebook chat page under 'Guides'.

These guidelines promote safety, uphold the club's positive image, and ensure enjoyable sessions for all. While Run Leaders oversee group safety, each runner is responsible for their own health and safety, as well as that of others. Running carries inherent risks; awareness and reporting of hazards help minimize these.

### Safety and Session Conduct

- **Run Leaders** assess routes for risks, but runners must report hazards (e.g., damaged pavements, potholes, overhanging branches, vehicles, scooters, bicycles) and alert others.
- **Group Support:** Sessions are welcoming and friendly, but are also training sessions, so all runners are expected to support the Run Leader delivering England Athletics good practice in respect of the safety of the session.
- **Session Pace:** Run with a group whose speed matches your ability and stay consistent with the advertised pace to ensure every club session remains accessible for all runners.

Check each sessions pace before joining as sessions are provided at different speeds.. If you're unsure what pace suits you, talk to a Run Leader or try an "All Abilities" session to find your best fit. If you join a group that runs slower than your usual pace, avoid moving ahead or setting the pace at the front; running too quickly can pressure others to keep up beyond their comfort. If you find yourself frequently in front, consider moving to a faster group; if you often fall behind, opt for a slower group.

- **Looping back:** Mandatory for all runners. This supports slower runners (we've all been there) and ensures no one gets left behind. Loop back at regular intervals if a faster runner or when requested by the Run Leader. Stay within contact of the group unless a split is agreed with the Run Leader.
- **Run Leader Authority:** Follow instructions from Run Leaders regarding pace, looping back, or group management.

### Runner Responsibilities

- **Health:** Inform Run Leaders if returning from injury/illness. Do not run if unwell, against medical advice, or if self-isolating. If a runner chooses to run against advice and/or if not safe to, they do so entirely at their own risk.
- **Leaving the Run:** Notify the Run Leader (or another member if unavailable) if leaving the group for any reason.

- **Booking:** Book sessions via Run Together to maintain safe group sizes (max 12 runners per leader). Advance booking allows for effective planning and insurance coverage.  
If you don't book in advance, we will not be insured and you could be asked to "run as a friend" if the group size exceeds 12 per run leader, or you may not be accepted onto the club run session by the Run leader if there is a significant health, safety or wellbeing reason.
- **Clothing:** Wear hi-vis and reflective clothing for evening runs. Dark colours are discouraged. Use lights (head/chest/arm/shoe) after dusk.  
Choose breathable, weather-appropriate layers and bring gloves or hats if needed. Consider waterproofs in wet conditions. Do not overdress; layer for comfort and safety. Run leaders reserve the right to ask people to leave the run if they are not wearing appropriate reflective clothing which affects the safety of the group.
- **Hydration:** Drink plenty of fluids before running, especially in warm conditions. Bring water or a drink for after your run, and carry water with you if desired.
- **Warm-Up:** Warm up adequately before each session.
- **Headphones:** Avoid headphones/earphones to remain alert to traffic and instructions.
- **Medication:** Bring necessary medication (e.g., asthma pumps).
- **Roads** should be crossed with a Run Leader, but each runner is responsible for their own safety and must judge when it is safe to cross. Use official crossings whenever possible, approach all roads and junctions cautiously, and only cross when safe. Don't simply follow other runners. Always check before crossing, as blindly following can be dangerous. Please re-group in full on the other side of the road.
- **Path Etiquette:** Keep left on paths. If running on the road then the Highway Code guidance should be followed for groups. Generally, run facing oncoming traffic to increase visibility; consider changing to the left side of road when approaching a hairpin bend, if that provides better vision. Run on the same side of the road as the rest of the group. Do not run more than two abreast in busy areas. Give way to other pedestrians/path users when necessary.
- **Hazard Awareness:** Be considerate of other pavement/road users, especially at junctions. Watch for children, cyclists, dogs, and be aware of other hazards including uneven paving, ice, broken glass or wet manhole covers, low hanging branches, etc and alert nearby runners to any dangers or obstacles. Use pavements when they are safe and accessible.
- **Group Care:** Look after the other runners within the training group. If someone is struggling, make sure that they are not left on their own and inform the Run Leader.
- **Encouragement:** The aim of Club runs is to encourage and motivate Club members, as well as potential new members who are thinking of joining.
- **Slower Paced Runners:** Remember, we have all been the slowest in the group at some stage, please treat these runners with the same consideration that you would wish to be treated.
- **Emergency Details:** Membership forms are to be completed so our Run Leaders have access to emergency contact details if required. It is the responsibility of the runner to ensure these details are kept up to date.
- **Leaving the Run:** Notify the Run Leader if leaving the run for whatever reason even if it's to nip to the toilet (only use designated toilets, not public open spaces) or if not possible, notify another member of the group.