Coached training sessions are provided to help you improve your running fitness in a safe, friendly and inclusive environment.

The following is a summary of the key points of the Code of Conduct for training sessions. The full version will be incorporated in the club’s Coaching Policy document.

* **Safety** of members, guests and the general public is paramount at all training session.
* You must **pay attention** to and follow instructions from the coaching staff at all times.
* You are responsible for your own **health and fitness** and should not take part if ill or injured.
* You must use **kit** that is **appropriate** to the environment and weather conditions.
* **Junior athletes** may only take part with signed parental consent. Those **under 12** **must be closely supervised** at all times by a parent / guardian.
* **If you are late** you will only be permitted to join a session if agreed with the coach.
* You must inform the coach if **leaving a group** during the session.
* Any person acting in a manner which is considered by the coaching staff to be **unsafe or disruptive** will be asked to leave the session, and may be excluded from future sessions.
* **Anti-social behaviour**, including foul or abusive language, will not be tolerated.
* Any **accidents or incident** must be reported to the coaching staff immediately.
* Concerns regarding **safeguarding or welfare** should be raised with coaching staff immediately. Sensitive or confidential matters may be raised with one of the club’s Welfare Officers.
* At tracked based sessions you must adhere to the following track etiquette at all times:

1. **Run in the correct lanes & direction, as detailed by coaches or assistants.**
2. Pass on the outside of the lanes you have been designated to run in.
3. **No standing around on the track**, it’s for running on.
4. When you have finished your lap etc, **run through the line step off track to right ideally**. But look around you. **Do not just stop in the lane!**
5. Always look before crossing the track, it gets very busy.
6. If someone is in the way whilst you are running the word ‘**TRACK’** should be shouted. If you hear the word ‘TRACK’ have a look around, **it could be aimed at YOU!!**
7. If there is a problem or see you a potential problem see one of the coaches or assistants.
8. Our Session finishes at 7pm, respect those that are on the track next.

* **Any person** attending a training session for the **first time** (**including members**), must **arrange an induction** with a member of the coaching staff. This cannot be carried out during the session.