ACCRINGTON ROAD RUNNERS
Code of Conduct for Run Leaders and Coaches

As a responsible Coach/Run Leader you will:
- Respect the rights, dignity and worth of every member and others involved in the club and treat everyone equally
- Place the welfare and safety of the athlete above the development of performance
- If qualified, including obtaining DBS clearance, update your licence and education as and when required by England Athletics and adhere to the terms of your licence
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the group
- Try to observe a recommended maximum ratio of 1 coach or run leader to 12 athletes at a training session or work in partnership with another coach / run leader.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Encourage and guide runners to accept responsibility for their own performance and behaviour
- Develop appropriate working relationships with runners based on mutual trust and do not exert undue influence to obtain personal benefit or reward
- A coach / run leader must not conduct inappropriate relationships with runners.
- Inform Club if you are unable to attend a training session.

On Club sessions the coach / run leader will ensure that:
- Before you start running introduce yourself to the group and briefly explain the session that they are about to undertake
    - Always ask whether anyone is new to the group or is feeling unwell or carrying an injury
    - The leaders are carrying the desired emergency equipment, which must include a mobile phone
    - Everyone is properly equipped for conditions
    - A head count of members in your group has been taken
    - Begin session with a warm-up or a one mile light run
    - Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast
    - Ensure the faster runner understand that if they go ahead of the main running group then they are at regular interval to perform loopbacks beyond the main group.
    - If the size of your group exceeds more than 12 runners you should, if possible, engage another group leader to run with you or a senior Club Member who will act as a group leader with you.
    - Do not lead the group across private land
    - Try to avoid busy or dangerous roads. Think of the whole group when crossing roads, using fixed crossing points when available
    - Always use pavements when available
    - Runners must not return to the Club or go home without informing the Group Leader. Under no circumstances should injured members return to the Club alone. Always get either a leader or a competent Club Member to accompany them back to the Club. Where necessary, an Incident form should be completed
    - Ensure that all members complete a cool down at the end of the session
    - Leader to do a head count at the end of the session.