



Mikkeller Running Club Liverpool

CODE OF CONDUCT

Mikkeller Running Club Liverpool is an inclusive club, welcoming runners of all abilities. Physical, mental and social wellbeing is our core purpose.

To ensure all runners feel safe and included, we ask you to respect the following rules:

- Behave with respect to fellow members of the club, other runners and members of the public
- Challenge inappropriate behaviour and language used by others
- Welcome new runners and talk with them. It can take courage to join a new club
- Listen to your run leaders and refrain from talking when in person announcements are made
- Anticipate and be responsible for your own needs. Be organised, on time, and have appropriate clothing and equipment. If it's dark, wear something bright – hi vis or reflective
- Never engage in any inappropriate or illegal behaviour, or in any other manner that may bring the club into disrepute
- Make sure you warm up before and cool down after sessions. Run leaders will encourage this, but it is a personal responsibility of all to ensure you are prepared for each session
- Inform your run leader if you have any injury, illness or long-term medical condition that may affect your running
- Runners must follow the Highway Code while training and not take unnecessary risks with traffic
- Respect and acknowledge other road and footpath users. Be courteous and run single file as appropriate
- Do not divert from the planned routes without the knowledge and consent of a run leader
- If you pick up an injury during a training session and need to head home during a run, make sure that you inform a run leader
- Do not run too far off the front of the group. Loop back at regular intervals or when requested to by your run leader
- Look after the other runners within your group. If someone is struggling make sure that they are not left on their own or inform a run leader
- Be responsible for your own safety and the safety of others. Warn other runners around you of impending hazards, vocally and by gesturing
- Do not leave a session without first informing a run leader
- Recognise the importance of team spirit. Acknowledge, congratulate and support fellow athletes
- Keep Club related social posts and WhatsApp Clubhouse dialogue appropriate, positive and inclusive
- Be respectful to staff at the Clubhouse and other post-run venues and be aware of other customers
- Leave the Clubhouse and other post-run venues as you find them
- Please drink responsibly post-run and encourage others to do likewise
- Continue to promote a good image of Mikkeller Running Club Liverpool
- Keep looking after yourself and look out for your Club mates!

At this Club, we are all equal. We are fortunate to be part of such a brilliant and inclusive group.

If you do have any concerns or complaints about any aspect of the Club, we please ask you to raise them with our Welfare Officer, or any other member of the Committee.