

WhatsApp Group Community – Code of Conduct

If you've selected this option, you'll be added to our main community chat group, along with any sub-groups relevant to your personal goals. These groups are here to help you connect with fellow runners, discuss training, share routes, organise group runs, celebrate successes, and chat about all things running.

Sub-groups may also be used to coordinate race logistics and support around your target events.

This community is a safe, supportive, and inclusive space for all athletes—regardless of pace, experience, background, or identity. By joining, you agree to uphold the following values and behaviours.

If you ever have a question or concern that you'd prefer not to share in the group, you're always welcome to contact your coach directly for support.

1. Inclusivity & Respect

- We celebrate runners of all abilities, from beginners to seasoned athletes. Every pace is valid, and every effort is respected.
- Be kind, courteous, and encouraging. We're here to lift each other up.
- Avoid comparisons or comments that may discourage others based on speed, distance, or performance.

2. Zero Tolerance for Discrimination

- Discrimination, harassment, or exclusion based on age, disability, gender identity, race, religion or belief, sex, or sexual orientation will not be tolerated.
- Use inclusive language and be mindful of how your words may affect others.

3. Constructive Communication

- Keep discussions positive and relevant to running, training, events, and community support.
- Healthy debate is welcome, but personal attacks, sarcasm, or passive-aggressive comments are not.

4. Privacy & Safety

- Do not share screenshots or personal information from the group without consent.
- Respect each member's privacy and boundaries, both online and offline.

5. Group Etiquette

- Avoid spamming or excessive self-promotion. If you'd like to share something outside of running, please check with the admin first.
- Use the group to support, motivate, and connect—not to criticise or compete.

6. Reporting Concerns

- If you experience or witness behaviour that goes against this code, please contact the group admin privately. All concerns will be taken seriously and handled confidentially.

7. Expectations

- Coaches will aim to respond to direct questions as soon as possible, and at least within 24 hours.
- Please be patient and respectful of their time.