

**Run NI Code of Conduct**

Updated: 12th August 2020

This code of conduct gives guidelines to ensure the safety of all Runners and Run Leaders.

* [All members must wear hi-viz vest/jacket whilst jogging around the town or in the dark](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481785454&sdata=15gs9hiOLpyOadDdOsvndp49lf1p5%2Bh8nN8QKBpSaek%3D&reserved=0)
* [Members must not wear headphones when running with the group](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481795408&sdata=f9x5J5UzZcVtbT%2FuDb99r%2BfF6P9019LDwWz%2FSmbJ%2FGs%3D&reserved=0)
* [The Run Leader setting the pace at the front of the group must not be overtaken by any member unless given permission by the Leader](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481795408&sdata=f9x5J5UzZcVtbT%2FuDb99r%2BfF6P9019LDwWz%2FSmbJ%2FGs%3D&reserved=0)
* [Care must be taken at all times whilst crossing roads and if in doubt do not cross the road](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481805364&sdata=uzjtHmiTXdJfFkzA8JB%2FbjBK2VEPOVVxshQbgmoFcNw%3D&reserved=0)
* [Members should not switch between groups without the permission of the Run Leader](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481805364&sdata=uzjtHmiTXdJfFkzA8JB%2FbjBK2VEPOVVxshQbgmoFcNw%3D&reserved=0)
* [If a member has to leave the group whilst out jogging for any reason they must notify a Run Leader](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481815312&sdata=mCTBwsuGgabYTxPkutmSTC0losSoR8M32po6p0gsP%2Bg%3D&reserved=0)
* [All members must complete a PARQ medical history form before](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481815312&sdata=mCTBwsuGgabYTxPkutmSTC0losSoR8M32po6p0gsP%2Bg%3D&reserved=0) joining a Run NI Group
* [Members should show courtesy and support to each other at all times](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481825281&sdata=RtUtAlQITrKcBP5JbQGA7%2BPdkio7CqpWAUjVZYX4LOI%3D&reserved=0)
* [Pedestrians must be shown courtesy at all times when the group is out running](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.scottishathletics.org.uk%2Fwp-content%2Fuploads%2F2014%2F04%2FScottish-Athlet%250d%250dThis%2520Code%2520of%2520Conduct%2520is%2520a%2520set%2520of%2520guidelines%2520to%2520ensure%2520the%2520safe%2520practice%2520of%2520all%2520jogging%2520activities%2520%250dAll%2520members%2520must%2520wear%2520hi-viz%2520vest%2Fjacket%2520whilst%2520jogging%2520around%2520the%2520town%2520or%2520in%2520the%2520dark%250dMembers%2520must%2520not%2520wear%2520headphones%2520when%2520jogging%2520with%2520the%2520group%250dThe%2520Jog%2520Leader%2520setting%2520the%2520pace%2520at%2520the%2520front%2520of%2520the%2520group%2520must%2520not%2520be%2520overtaken%2520by%2520any%2520member%2520unless%2520given%2520permission%2520by%2520the%2520Leader%250dCare%2520must%2520be%2520taken%2520at%2520all%2520times%2520whilst%2520crossing%2520roads%2520and%2520if%2520in%2520doubt%2520do%2520not%2520cross%2520the%2520road%250dMembers%2520should%2520not%2520switch%2520between%2520groups%2520without%2520the%2520permission%2520of%2520the%2520Jog%2520Leader%250dIf%2520a%2520member%2520has%2520to%2520leave%2520the%2520group%2520whilst%2520out%2520jogging%2520for%2520any%2520reason%2520they%2520must%2520notify%2520a%2520Jog%2520Leader%2520%250dAll%2520members%2520must%2520complete%2520a%2520PARQ%2520medical%2520history%2520form%2520(section%25202%2520of%2520the%2520jogscotland%2520membership%2520form)%2520before%2520joining%2520the%2520jogscotland%2520group%250dMembers%2520should%2520show%2520courtesy%2520and%2520support%2520to%2520each%2520other%2520at%2520all%2520times%2520%250dPedestrians%2520must%2520be%2520shown%2520courtesy%2520at%2520all%2520times%2520when%2520the%2520group%2520is%2520out%2520jogging%250d%250dics-Codes-of-Conduct-Booklet.pdf&data=02%7C01%7CShauna%40athleticsni.org%7C06b97dc8bfa34e1be07e08d81f502c73%7Cf997925cb5764a45809ae30a6afdb931%7C0%7C0%7C637293776481835223&sdata=l2%2BzTJn7flHktkPHsq7eGKv5LGWEzxQMAGJjemSZpzU%3D&reserved=0)
* Run NI Groups and their members must comply with the Equality principles in the Athletics NI Equality, Diversity & Inclusion Policy.