

## **HI Runners Members' Code of Conduct**

### **All members must:**

- Uphold the core values of HI Runners - inclusivity and equality, always demonstrating respect for fellow members. Understand that all members have different goals for their running, and the Club values all equally.
- Demonstrate good sportsmanship during training runs and at events, showing respect for fellow runners, coaches, and officials.
- Acknowledge that the Club is committed to being a safe space to speak about mental well-being and that all members are expected to help foster this environment. Be aware that the Club has Mental Health Champions and Welfare Officer(s) available to contact if you require support.
- Be considerate of members of the communities in which we run and of our surroundings at all times, including at training sessions (road, recreation ground, track or other), social runs, and personal runs within Cambridge and the surrounding areas.
- Represent the Club at a high standard when dressed in HI Runners kit at events within the running community; maintain the good reputation of the Club at all times.
- Respect the time of the volunteer run leaders at training sessions by listening carefully to instructions and following these at all times.
- Report concerns regarding misconduct, safety, inappropriate behaviour or accidents in a timely manner to a committee member.
- Be responsible for wearing appropriate gear suited to the conditions (e.g. hi vis clothing, wearable lights in the dark, etc).
- Inform your run leader if you have any injury, illness or long-term medical condition that may affect your running.
- Inform your run leader if you need to leave a session early.
- Make reasonable effort to volunteer (e.g. registration or marshalling help) and/or participate at local events.
- Abide by the [England Athletic Members Code of Conduct](#) in full.