

Guidelines for Club Sessions

Looe Pioneers Running Club is fully committed to safeguarding and promoting the well-being of all of its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members and anyone associated should, at all times, show respect and understanding for the safety and welfare of others.

These guidelines have been put in place to ensure that our club sessions are supportive, inclusive and take in to consideration the welfare of participants and members of the public that use the areas we train in.

- Please be punctual. Club sessions start at 19:00 every Tuesday and Thursday.
- Headphones must not be worn whilst participating in club training sessions. This is primarily for your safety and the safety of those around you, and to ensure that you can hear instructions at all times. It is also worth noting that under UK Athletics rules, the wearing of headphones in registered races is prohibited and anyone wearing such a device will be disqualified. Training without headphones will prepare you for this should you choose to enter races.
- Dogs are not allowed at club sessions.
- You must wear high-visibility clothing in the darker months. High-visibility jackets can be loaned during sessions for those that do not have any high-visibility clothing.
- During dark nights please ensure that you have a head torch or similar. This is for your safety and the safety of others that use the route.
- Children under 12 must be accompanied by a parent or guardian for the whole session.
- Everyone must listen to the instructions given by the person leading the session and is required to follow those instructions at all times.
- Please be courteous at briefs that are given at the beginning and end of the sessions. They are there for your safety & wellbeing and to ensure that everyone is clear on what they will be doing.
- Keep running on the road to a minimum. If you do need to run on the road please follow the Highway Code and run in to oncoming traffic, being mindful of bends in the road.
- Cross on official road crossings wherever possible. All roads and road junctions should be approached with caution and only cross when safe to do so. Do not follow other runners across the road; ensure that you carry out your own checks before you cross.
- Give way to pedestrians and other route users where necessary.
- If you need to cut your session short or leave the group session you must inform the person running the session.
- Look after other runners within the training group. If someone is struggling ensure they are not left on their own or inform the person leading the session.
- Encourage everyone to enjoy being a member of Looe Pioneers Running Club. Understand that we are a club that welcomes members of all abilities with many different levels of experience. Be open to sharing your knowledge and experience where it may help others achieve their personal goals.
- Have fun!