



## CODE OF CONDUCT FOR SUPPORT LEADER

1. Before you start running introduce yourself to the group. Always ask whether anyone is new to the group or is feeling unwell or carrying an injury. Check athletes have inhalers if required and their location in an emergency.
2. Ensure that everyone has proper running shoes and suitable clothing i.e. hi-visibility tops during dark evenings.
3. Begin each session with a gentle warm-up of at least 5 to 10 minutes of light running or an appropriate warm up games or activities. Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast.
4. Do not allow large groups. Try to observe a recommended ratio of 1 run leader (or Coach) to 12 athletes at a training session or work in 'partnership' with support leader
5. Respect the rights, dignity and worth of every member of the group and treat everyone equally.
6. Place the welfare and safety of the group above the development of performance.
7. Do not lead the group across private land or along busy or dangerous roads. Think of the whole group when crossing roads.
8. Make sure that all activities are appropriate to the age, ability and experience of those taking part.
9. Try and avoid runners returning to the Club on their own. Always ask for someone to accompany a lone runner back to the Club meet point.
10. Be particularly aware of slower runners or new runners to the group.
11. Do not always lead the group from the front. Be aware of the whole group and remember to look out for all runners from the front to the back.
12. Take the lead from Club Coach or Club Leaders.
13. Do not exert undue influence to obtain personal benefit or reward.
14. Work confidently towards Leader in Running Fitness qualification.
15. Any form of verbal or physical violence will result in termination of contract.
16. **Encourage – motivate – gain respect – offer advice**

**Signed Hawkinge Hurricane..... Date.....**

**Signed Leader..... Date.....**

**Print Leader .....**