



## CODE OF CONDUCT FOR GROUP LEADERS

1. Before you start running introduce yourself to the group and briefly explain the session that they are about to undertake, the goals of the session and intended learning outcomes.
2. 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.
3. Ensure that everyone has proper running shoes and suitable clothing i.e. hi-visibility tops during dark evenings.
4. 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.
5. 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 another leader
6. Respect the rights, dignity and worth of every member of the group and treat everyone equally.
7. Place the welfare and safety of the group above the development of performance.
8. Do not lead the group across private land or along busy or dangerous roads. Think of the whole group when crossing roads.
9. Be appropriately qualified including obtaining DBS clearance. Update your licence and education when required by UKA and adhere to the terms of your leading licence. Further information can be found in the UKA's 'Roles Within the UKA Coaching Framework'
10. Make sure that all activities are appropriate to the age, ability and experience of those taking part.
11. 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.
12. Be particularly aware of slower runners or new runners to the group.
13. 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.
14. Do not exert undue influence to obtain personal benefit or reward.
15. Courtesy denotes that as a qualified leader supported by Hawkinge Hurricanes, should you choose to step down as a Leader Volunteer you inform the Club Secretary in writing, giving 30 days' notice.
16. Any form of bullying, harassment and/or verbal/physical violence will result in termination of contract
17. **Encourage – motivate – gain respect – offer advice**

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

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

**Print Leader** .....