



Training Group Rules

1 Visibility

For any training session including running on roads or pavements in darkness, athletes must wear high-visibility clothing throughout the entire session. This clothing should cover a significant area of the torso comprising of both hi visibility fabric and reflective material. Ideally clothing should meet a min of EN 1150 standard. Flashing lights are not acceptable as a replacement for reflective material but may be used in combination.

2 Conduct on Roads

Athletes must observe the Highway Code (<https://www.gov.uk/guidance/the-highway-code>) at all times when running on roads or pavements. Athletes must not run in the road when a pavement is available, and must always exercise caution when crossing roads.

3 Emergency Contact Details

All athletes must complete the emergency contact details form (http://www.fifeac.org/files/documents/general/Emergency_Contact_Details_Form.pdf) and submit it to the training group coach.

4 Junior and Vulnerable Athletes

All junior (under 16) and vulnerable athletes must register with the coach or assistant at the start of each session, and sign-out at the end. If an athlete is picked up by parent or carer before the end of a session, they must ensure that they are signed-out.

All junior and vulnerable athletes must stay in a group with a designated supervising adult throughout any warm-up or warm-down part of the session. Parents or carers must not leave a junior or vulnerable athlete at the start of a session without establishing which supervising adult they will run with.

All athletes under the age of 9 must be accompanied by an adult at all times throughout the entire session.

5 Courtesy

All athletes must remember that they are representing the Club while taking part in a training session, and behave courteously to members of the public. In particular, members of the public should never be expected to step off the pavement to let runners past; keep in mind that elderly people may find large groups approaching at speed intimidating; and if using a head-torch (rarely necessary when running in town) make sure that it's not shining in people's eyes.