



## County Antrim Harriers

### Athletes' Code of Conduct



- All members must arrive promptly to club organised sessions
- All members must listen to coaches and leaders briefings
- All members must follow the assigned route or session plan for the day
- All members must wear suitable apparel for training or sessions
- All members must respect opponents and each other
- All members must respect coaches, leaders, officials, volunteers and their decisions
- All members must respect members of the public, pedestrians and other road users
- All members must advise leaders if they have any relevant health issues or injuries
- All members are responsible for keeping their emergency contact details up to date with the club.
- All members must be as visible to other road users as possible
- All members must not wear headphones at club sessions
- All members must be alert to their environment.
- All members must run towards traffic where safe and use foot paths if available
- Members should call to others to warn of oncoming traffic or obstacles
- Members should carry a phone
- Members are encouraged to look out for other members best interest and run in groups where possible
- All members are responsible for their own road safety and personal health
- All members must know and follow the highway code