



Road Running Guidelines (25-10-19)

1. All **juniors** and **adults** must wear Hi-Viz jackets (or clothing) - the club has a supply if you don't have your own.
2. **Juniors** will only be able to attend these sessions if they are **regular** attendees of the Sprint Group (Stephen's) or Endurance Group (Lynn's) otherwise they must attend their usual group on the field (probably the junior development group).
3. **Juniors** under the age of **12** (subject to 2. Above) will be permitted to attend specially organised 'hill training' sessions (not the regular road running sessions usually taken by a LiRF or CiRF) provided they are accompanied to and from the session base by a parent and that the parent either joins in the session or remains at the session base for the duration of the session. These sessions will be led by an Athletics Coach.
4. All **juniors** between the ages of **12** and **14** must have a nominated adult (*not a coach*) who will accompany them at all times on the run (i.e. run with them) including to and from the meeting point for the session.
5. No **juniors** (or adults) (under 18) should run in front of the *designated* lead runner or cross any roads unaccompanied.

Any junior who does not follow these rules will get a first warning, and then may not be permitted to attend future road/hill sessions.

Leaders/Coaches will give instructions at the start of the session to ensure the safety of the group, and all athletes should listen carefully and adhere to these instructions. There will always be a tail end runner so athletes will not be left on their own.