

NEWPORT & DISTRICT RUNNING CLUB

CLUB RULES

1. All members of the club have a responsibility for their own and other people's health and safety when engaging in club activities. This will include:

- Members should wear light coloured clothing or high visibility clothing when training.
- At night members are required to wear some form of reflective clothing and a head torch. Additionally members are encouraged to make use of the wide range of coloured pulsating lights available.
- At night members should run on the left hand side of the road.
- All participants will have a clear understanding of each training run (route, hazards, length, alternative shorter / longer routes) before setting off.

2. Members will run in club colours in organised runs / races. Club colours are a purple / black and green vest / t-shirt.

3. The club welcomes guest runners but it is expected that they will apply to join if wishing to attend on a regular basis.

4. All members will comply with the constitution of the club and this will be available to view online.

5. The Management Committee and Officials of the Newport & District Running Club cannot be held responsible for existing medical conditions or any detrimental effect on the health and wellbeing of an individual as a result of involvement in club activities.

6. Club members are expected to safeguard the good name and integrity of the sport of running and Newport & District Running Club and its members.