V1 | NOVEMBER 2025

Social Run Guidelines

Our social runs are about enjoying the miles together and looking out for one another.

General

- Our leaders are volunteers and may not be trained or first-aid/DBS certified.
- You run at your own risk.
- If you need to leave the session early, please tell the leader.
- Under 18s must be accompanied by a parent or guardian.

Before We Start

- The leader will outline the planned route and highlight any known hazards.
- The leader or another runner will carry a mobile phone.

On the Run

- During social runs, runners may run at differing paces. At convenient intervals, faster runners are asked to run back or wait for the group to catch up.
- Call out hazards as you spot them.
- Support anyone who is struggling and inform the leader.