

Runners Code of Conduct, January 2026

1. Respect the rights, dignity and worth of all Keswick AC athletes, coaches, volunteers and committee members
2. Treat all Keswick AC members and other runners with same respect as you wish to receive
3. Respect diversity amongst other runners, act with dignity and avoid using discriminatory language
4. Participate within the rules of the sport, respect official decisions and demonstrate respect towards fellow runners
5. Avoid all forms of physical and sexual harassment, including comments about physique, appearance and ensuring no unnecessary touching, intimidation nor unwanted sexual advances
6. Avoid destructive behaviours towards Keswick AC equipment, venues and the countryside
7. Offer assistance to others in case of injury or illness, even to the detriment of your own run

Breach of the Code of Conduct

I understand that if I don't follow the code, action may be taken by Keswick AC and I may:

1. Be asked to apologize
2. Receive a verbal warning from Keswick AC committee
3. Receive a written warning from Keswick AC committee
4. Be suspended from parts of Keswick AC activities
5. Be suspended from Keswick AC
6. Be required to leave Keswick AC