



## **Knutsford Tri Club**

### **Run Session Rules**

In order to provide safe and enjoyable run sessions for our members we require you to agree to the conditions outlined below.

1. You must advise the coach at the start of the session of any health-related issues or conditions which affect your ability to undertake any aspect of the session.
2. Stop if you feel unwell at any point during the session, take additional rest if required.
3. Inform the coach at the start of the session if you have to leave early.
4. If you are late, speak to the coach who will guide you on where to start with the warm up
5. Ensure you are dressed appropriately for the weather conditions, high visibility clothing and lights are required if sessions are taking place when it is dark.
6. Run to your pace and limitations.
7. In the event of any incidents you must stop running and follow the directions of the coach.
8. You must book your session via our Love Admin site, if you don't you will be turned away from the session.