

**Safety Rules Regarding Dogs**

Updated 29/04/2025

To reduce potential risks to our club members we ask runners to please follow the rules below when coming along to our sessions.

* One dog per runner
* Short, hand-held non-extendable leads only - no waist harnesses.
* Keep your dog by your side, not running ahead, and under control throughout the run.
* Runners with dogs must be mindful of other runners.
* Do consider whether the weather/terrain and distance are suitable for your dog.
* Please clean up after your dog.

Due to the nature of the Wednesday night handicaps, hill and interval training these runs are never suitable for dogs to come along to.

On occasion our torch and social run leaders may decide the route they are using may not be ideal to bring dogs. On these occasions this will be communicated when sending out the session details ahead of meeting.