



## Running on roads policy

Macedon Ranges Running Club Inc is a social, long distance, non competitive running club.

Club members run for a variety of different reasons and at a variety of speeds. Everyone is welcome to join in for a run.

When running as a club, all members will run against the traffic, at a maximum of two wide. When there is traffic on the road; runners will **always** drop to single file.

Where a footpath is available it is advised to use that, and remove yourself from the road.

This policy should also be taken as advice to all members whilst running alone for your personal safety.

This policy will be implemented at every run.

Safety is of utmost importance to the club. Members are advised that running in an unsafe manner will not be accepted by the club at anytime.

Policy drafted: 11 June 2011

Accepted by committee: