

NDRC Rules for Runners under 18 years of age.

The club does not have a dedicated Junior section. However, we can accommodate runners under 18 years of age. Club Membership can start from the age of 14.

All runners:

- Must be comfortable with the distance and speed of their group.
- Must be wearing appropriate clothing for weather conditions.
- Must be wearing hi viz and head/chest torch if running in the dark at any stage of the club run.

Under 12 years.

Any children under 12 years can run with the club provided:

- They are accompanied by a parent, guardian or family member.
- The accompanying adult must be a club member or have the intention of joining the club.
- The responsible adult is made aware that the group leader is not responsible for the child and the child is not insured as part of the club's insurance.

12 - 15 years old

Any child between 12 and 15 years of age can run with the club provided:

- The child has a responsible adult that will act as a chaperon. This can be:
 - A parent, guardian or family member who is also a club member or has the intention of joining the club.
- Or
 - A committee member or group leader with a DBS check who can accompany the child during the run.

Any agreement to accompany the child must be made with the responsible adult before the club run.

16-17 years old

As above for 12 -15 years except any club members between 16 and 17 can attend without any accompanying adults.

Run leaders can refuse to allow under age runners to run with the club if above rules are not followed.

Social Events

No child under the age of 18 can drink alcohol or take illegal substances at any club social events.

All children under 16 should be accompanied by an adult at any club social events.

Codes of Conduct for Young - people EA document - Sign up??