

Code of Conduct

This code of conduct set out the standards for behaviour that we expect from everyone involved in our events. They are applicable to all participants, parents of participants, spectators and support crew:

General Behaviour

- Conduct yourself in a manner that will ensure a welcoming, respectful and comfortable environment for all – free from harassment, dishonesty, and intimidation
- Treat everyone equally and respect age, religion, ethnic background, gender and sexual orientation when interacting with others
- Act in a way that is supportive of those with difficulties and differences, enabling everyone to partake to the best of their ability
- Challenge inappropriate behaviour by others by reporting or seeking advice as soon as possible

Harassment And Abuse

- Never use abusive or vulgar language, or make racial, ethnic or gender-related slurs or derogatory comments towards others
- Never make unwanted verbal, sexual or physical contact with others (in person or social media or any other form of verbal or non-verbal communication)
- Never place undue on pressure others to share private information such as personal data, contact details, or home life information

Safety

- Take responsibility for you own safety and do not compromise the safety of others
- Inform the organisers if you have any significant medical issue which may lead to problems during the event
- Stop to assist any distressed runner and ensure that any accidental injury or distress is reported as soon as possible to a member of the race team or forest staff

Supporting Young Runners

- Parents of young runners should ensure that their child:
 - can independently complete their chosen distance and route, or is accompanied by responsible adult during the event
 - can wait independently, if required, for a parent runner
 - is briefed on what to do if lost or scared, including asking an adult runner for help and/or presenting themselves to a member of the race team or forest staff
 - has agreed boundaries and meeting points in the finish area for meeting up post-race
- Non-parents are requested to:
 - Support and encourage young runners
 - Stop and assist any young runner in distress, and to report any concerns to a member of the race team of forest staff
 - Behave appropriately towards and around young runners and avoid any inappropriate language or contact

Respect the Forest and Forest Rules

- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave forest as you find it
- Ensure that all cups, fruits and any other rubbish are placed in the bins provided
- Do not enter the forest with alcohol and/or illegal substances, or take single use plastics onto the trails
- Always respect and follow the direction of forest staff
- Respect other forest users and report any inappropriate behaviour experienced from other forest users

Breaches of the Code of Conduct

Breaches of the code of conduct may result in:

- being asked to apologise for your behaviour
- receiving a verbal or written warning from the race organisers
- be suspended from current and future races
- reporting of illegal behaviour to the police

Reporting Concerns

Any breaches of the code of conduct or other concerns can be reported through the channels below:

Desmond Robbins (Team Jasho)	Email: jashoteam@gmail.com Phone: 0782621401
George Parkes (Run Beyond)	Email: george@runbeyond.co.ke Phone: 0717513020
Nick Mutinda (Friends of Karura Security Manager)	Phone: 0717866934
Friends of Karura Emergency Line	Phone: 0111944846
Judith Adem (Independent Reporting Line)	Phone: 0723422602