

Code of Conduct

This Code of Conduct sets out the standards of behaviour that we expect from everyone involved in our events. It applies to all participants, parents of participants, spectators, race partners and support crew.

General Behaviour

- Conduct yourself in a manner that ensures a welcoming, respectful and comfortable environment for all, free from harassment, dishonesty and intimidation
- Treat everyone equally and respect differences in age, religion, ethnic background, gender and sexual orientation when interacting with others
- Act in a way that supports those with difficulties and differences, enabling everyone to participate to the best of their ability
- Challenge inappropriate behaviour by others by reporting it 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, whether in person, on social media, or through any other form of verbal or non-verbal communication
- Never place undue pressure on others to share private information such as personal data, contact details or information about their home life

Safety

- Take responsibility for your own safety and do not compromise the safety of others
- Inform the organisers if you have any significant medical condition that may lead to problems during the event
- Stop to assist any runner in distress and ensure that any injury or incident 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 a responsible adult during the event
- can wait independently, if required, for a parent who is participating in the race
- is briefed on what to do if they become lost or scared, including asking another adult runner for help and/or presenting themselves to a member of the race team or forest staff
- has agreed meeting points and boundaries in the finish area for reuniting after the race

Non-parents are requested to:

- support and encourage young runners
- stop and assist any young runner in distress, and report any concerns to a member of the race team or forest staff
- behave appropriately towards and around young runners, avoiding any inappropriate language or contact

Respect the Forest and Forest Rules

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

Breaches of the Code of Conduct

Breaches of this Code of Conduct may result in:

- being asked to apologise for your behaviour
- receiving a verbal or written warning from the race organisers
- being suspended from the current event and/or future races
- illegal behaviour being reported to the police
- being removed from the event without refund, where the organisers consider this necessary to protect the safety, wellbeing or enjoyment of other participants, spectators, volunteers or forest users

Reporting Concerns

Any breaches of this Code of Conduct or other concerns can be reported through the channels below:

Desmond Robbins Team Jasho	Email: jashoteam@gmail.com Phone: 0782 621 401
George Parkes Run Beyond	Email: george@runbeyond.co.ke Phone: 0717 513 020
Nick Mutinda Friends of Karura Security Manager	Phone: 0717 866 934
Friends of Karura Emergency Line	Phone: 0111 944 846
Judith Adem Independent Reporting Line	Phone: 0723 422 602