

Leeds Arts Union

Leeds Arts Run: Rules and Advice 24/25

Originator: Students' Union
Date: September 2024

The Leeds Arts Run society is committed to ensuring a safe and inclusive community that is led by students for the benefit of each other. The Leeds Arts Union staff support the organisation of the society.

We are dedicated to ensuring all societies provide a respectful and friendly environment. Central to the society is ensuring an atmosphere of mutual respect and professionalism whilst sessions are running. We ask that all society members adhere to the following guidelines and the Society Members Code of Conduct to ensure that all students feel welcomed and a part of our community. Any breach of these Guidelines, or of the Society Member Code of Conduct should be reported to the Society Leader or to Leeds Arts Union staff.

As a member of the society you are entitled to equal input and can provide any ideas or feedback either at the session, via email to student.union@leeds-art.ac.uk or through the Leeds Arts Run Society email: laurunsociety@students.leeds-art.ac.uk

Please read each point carefully and ensure that as a member of the society or Society Leader you are abiding by these guidelines at all times:

1. **When taking part in Leeds Arts Run activities we would always advise to:** bring a mobile phone along with you in case of injury or emergency, never run on cycle paths, be mindful of the road, take breaks when needed, check you have enough space to exercise safely and make sure there is appropriate space between yourself and any animals on paths. We also recommend running alongside one other person and not to stray away from the designated route.

Rules:

As a member of Leeds Arts Run and/or by participating in an activity or event organised by Leeds Arts Run, you agree that you:

1. **are medically fit to participate in any physical activity organised by Leeds Art Run and that your participation is entirely at your own risk. You are responsible for your own personal safety.**
2. must adhere to all activity/event rules and instructions given by the Leeds Arts Run Society Leader or event organisers.
3. must keep aware of your surroundings and acknowledge that earphones / headphones should not be worn during running. It is a risk to yours and others personal safety to do so.
4. must wear appropriate and visible clothing and footwear during any activity/event taking into consideration weather and road conditions.
5. will be personally responsible for ensuring you warm up before any physical activity as appropriate.
6. you will be responsible for bringing your own water to any physical activity and making sure you stay hydrated.
7. will be personally responsible for regularly checking your student email for any information on routes to be taken or cancellations of Leeds Arts Run meet ups.
8. will be respectful to members of the public when taking part in Leeds Arts Run activities.

By signing up to the Leeds Art Run mailing list and/or by being a member of Leeds Art Run and/or by participating in an activity/event organised by Leeds Arts Run, you confirm that you have read and agree to the above Rules.

In the event of a first aid incident, members should call the emergency services on 999.

If you have any specific accessibility requirements please get in touch with the Union at:
student.union@leeds-art.ac.uk