



## **Code of Conduct for Running in Events**

At all Hyderabad Runners events, participants should conduct themselves in a courteous manner, respecting all fellow participants, volunteers, event staff, and members of the community, and following the rules of race. Unsportsmanlike conduct will not be tolerated.

Proper race etiquette is required at all times, including being aware of your surroundings and of announcements and instructions from event officials.

### **START**

Please give yourself enough time to pick up your race number and enter your corral/reach the start area. Only enter the corral you are assigned to or a slower one and respect the event staff. Please be respectfully quiet during pre-race announcements.

### **HEADPHONES**

The use of headphones is strongly discouraged. If you must wear headphones, ensure that you can hear all announcements and be extra-aware of your surroundings, including other participants.

### **MOBILE DEVICES**

The use of mobile devices for photography or social updates during the event is strongly discouraged, as it decreases your awareness of other participants around you.

### **URINATION**

In accordance with cleanliness and hygiene issues, please use only the toilet facilities provided. Please be considerate in portable-toilet lines; don't cut in line or into another line. Never urinate in the corrals, at the post-finish walk-off, or on the road side.

### **RUNNING COURTESY**

While participating in the event, don't run in groups of three or more abreast; wide groups become barriers to other runners. Don't stop abruptly to drink at an aid station or to tie your shoelaces.

Watch where you spit and blow your nose to avoid hitting other participants. If someone running behind you says, "On your left," move to your right to let the runner pass. If someone says, "On your right," move to your left.



## **RACE ATTIRE**

We strongly discourage male participants from racing without shirts, and/or from removing their shirts during the race.

## **TRASH**

Hyderabad Runners events are conducted in public places—either city parks or streets. Please deposit any trash in the provided containers, including at aid stations. Be careful when discarding cups at aid stations so as to avoid hitting other participants.

## **SAFETY**

If you encounter a runner in distress, help and/or report the situation to the nearest aid station, and, if possible, call the event medical emergency line.