



Ruislip Running Club – Good Neighbourhood Policy

All Ruislip Running Club sessions take place across the London Borough of Hillingdon, predominantly on residential streets, as well as some beginning/finishing in local parks/carparks and on running routes shared with members of the public. We ask all members to be mindful of this at all times, to give priority to pedestrians, and to run considerately in shared spaces. This means avoiding excessive speed, running two or more abreast on narrow streets, or any running behaviour that causes pedestrians or runners to step into the road.

We are committed to ensuring that the club has no negative impact on the local area. This means never leaving litter behind, avoiding damage to property or green spaces, and ensuring that our training sessions do not cause nuisance or disturbance to local residents.

Our members live within the wider Hillingdon area and enjoy running in their own neighbourhoods. We believe Ruislip Running Club is a positive presence in the community, and we expect this to be reflected in the behaviour of all members during club activities.

Using the RRC WhatsApp Community

Our WhatsApp Community helps members stay informed and connected. To keep things clear and useful for everyone, we use four channels, each with a specific purpose:

📣 RRC Announcements

This is for key club information that everyone needs to see (e.g. official updates, important notices). We post here sparingly, so if you see a message, it's worth reading and being a member of this group.

🗳️ RRC Polls

Used occasionally to get quick feedback from members on things like event dates, kit choices, or preferences. Again, kept to a minimum.

🏃 RRC – Main Chat

This chat is for essential club-related messages, such as:

- Contacting the Run Leader if you're running late, lost, or injured during a run
- Asking a question about a specific club matter (e.g. kit, sessions)
- Sharing details of larger non-official events (e.g. Canal Run, track reminders, hikes)

Please try to keep this chat focused so important messages don't get missed.

🎉 RRC Socials

This is the place for everything else!

Chats, photos, celebrations, recommendations, GIFs, pet pictures, and all general banter are very welcome here.

If we can keep most general conversation in RRC Socials, it really helps keep the Community organised and ensures important information stands out.

The WhatsApp groups are:

- For RRC members only. Any running-related groups (e.g. marathon/half-marathon, Hikes etc) are not official RRC groups therefore please refrain from discussing club business/or other club members on these groups.
- to be used in a respectful manner i.e. no inappropriate language or content, and be respectful of other members
- to be used sensibly i.e. don't post anything you might regret later, or that is likely to offend others
- **NOT** the place to swap race entries/numbers without first gaining approval to do so from the race organiser. If you do have permission, please say so when you post to the group
- **NOT** for expressing political, religious or other potentially divisive opinion or for being critical, confrontational or abusive toward other club members
- If something feels sensitive or could be misunderstood, it's often better handled privately rather than in the group.
- Please be mindful when sharing photos or videos of others, especially if they include children or are outside club activities, and respect anyone who prefers not to be photographed.
- **NOT** for raising issues for the attention of the committee (who don't check every post/thread). These should be addressed to the relevant committee member privately through WhatsApp or by email.
- **NOT** for posting petitions or related items without permission of the committee
- Message timing: Please be mindful when posting very early in the morning or late at night, unless it's urgent.
- WhatsApp should not be relied on as an emergency contact method. In an emergency, please prioritise contacting emergency services and telephone the run leader as appropriate.
- Members are welcome to mute notifications or leave non-essential groups (e.g. Socials) if they find them too busy—no offence taken.

Sponsorship requests

Many of our members are fundraising for great causes throughout the year. To keep the WhatsApp groups manageable and fair to everyone, sponsorship requests should be limited to a single post per event or challenge across the RRC WhatsApp groups. Ongoing reminders or repeat posts should be avoided and will be deleted. This helps ensure all members have equal visibility for their fundraising while preventing the groups from becoming overwhelmed.

Ruislip Running Club

www.ruislip-rc.org.uk

England Athletics Affiliated Running Club- Reg: 7693340