Policy for Running Club Captains:

1. Responsibilities: Running club captains are responsible for organizing and leading training runs for their respective club location.

2. Inclusion: Club captains are expected to create an inclusive environment that welcomes runners of all abilities, ages, ethnicities, genders, sexual orientations, religions, and any other characteristic.

3. Planning: Captains are expected to plan routes and workouts that are appropriate for the skill level of the runners in their group.

4. Safety: Captains are responsible for ensuring that all runners are aware of the safety guidelines and regulations for their training runs.

5. Communication: Captains are expected to communicate effectively with their group members, including providing directions and updates on training runs.

6. Accountability: Captains are responsible for ensuring that their group members follow the club member policy and report any issues or violations.

7. Leadership: Captains are expected to lead by example and uphold the club ethos of diversity and inclusion in all their actions and decisions.

8. Training and Development: Captains are expected to continuously develop their leadership and communication skills through training and learning opportunities provided by the club leadership.