

BC Athletics Road Race Etiquette Guidelines for Race Directors

Since the Interior Running Association (IRA) Series Road Races are sanctioned by BC Athletics, these events are expected to follow the BC Athletics Road Race Etiquette Guidelines, which can be found here: [rr_etiquette.pdf \(bcathletics.org\)](http://rr_etiquette.pdf(bcathletics.org)). The focus of these guidelines is to ensure that the events are safe, fair and fun. It is important that runners be informed of any key requirements or restrictions of the race before they sign up for the event. Thus, it is recommended that the following statements be included on the registration web page for the event:

- Specify the minimum age requirement to take part in the event. [For recommended minimum ages for various road race distances, refer to the Athletics Canada guidelines for this: [DistanceRecommendation_2014-01-15.pdf \(acroad.ca\)](http://DistanceRecommendation_2014-01-15.pdf(acroad.ca)), for example, recommended minimum age for half marathon is 16.]
- Any means of self-propulsion (rollerblades, skateboards, bicycles, scooters, etc.) is not permitted.
[If wheelchairs or baby joggers are permitted, it is recommended that racing wheelchairs be given a separate start before the runners start, and that baby joggers and non-competitive wheelchairs start at the back of the field, to reduce tripping hazards when the field is most congested]
- For safety and liability reasons, running with dogs or other animals is not allowed. Ignoring such limitations will subject you to liability. If in doubt, check with the race organizers first.
- The use of portable headphone devices is discouraged - for your safety and the safety of others. You **MUST** be aware of your surroundings at all times, and this includes being able to hear any verbal warnings/instructions from police/course officials, or the sound of any vehicles and other participants on the course. If you choose to wear a portable headphone device during a race, you do so at your own risk and on your own responsibility.
- Aid from any person not involved in the race is not allowed except in emergencies. If you see a person in distress, give aid, or advise a race volunteer. If you receive aid, and continue, you may not be eligible for awards.

Note, Race Directors generally have the final authority with respect to their race, subject to regulations of the sanctioning body. Thus, additional requirements or restrictions for the event may be included. Also, the Race Director has the authority to disqualify a runner from the event for things like: running without registering or registering fraudulently, finishing without completing the full course, being paced by a non-participant, verbal or physical abuse of other runners or volunteers, or causing danger to others.

If race directors have any questions, concerns or need help implementing the above guidelines, please contact Interior Running Association at interior.running@gmail.com