



PETERHEAD JOGSCOTLAND



Peterhead jog**scotland** is a non-profit making organisation. We are a non-competitive jogging club, established to encourage people of all ages from Peterhead and the surrounding area to begin jogging, and get more active. We are affiliated to jog**scotland**, a national network established in 2002 by Scottish Athletics, the governing body of athletics in Scotland. Jog**scotland** uses simple gentle walk/jog/run programmes to encourage everyone to get out and be active!!

All Peterhead jog**scotland** leaders have completed the Scottish Athletics approved jog**scotland** leaders course, and have all been Disclosure Scotland checked. All leaders are dedicated to helping you reach your potential.

Peterhead jog**scotland** programmes last for 10 weeks. We have four groups on a Monday - Beginners, Intermediate, Advanced, and Track Mondays (Interval training). On Wednesday we have three groups - Beginners, Intermediate and Advanced.

All jogging routes are designed to ensure your safety at all times, and can be altered at short notice if circumstances change. All members must adhere to our Code of Conduct at all times (see overleaf).

If at any time you have concerns, questions or suggestions, please don't hesitate to contact any of the leaders.

Please remember to visit our website www.peterheadjogscotland.com



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Code of Conduct

This Code of Conduct is a set of guidelines to ensure the safe practice of all jogging activities at Peterhead JogScotland.

- All members must wear hi-viz vest/jacket whilst jogging around the town.
- Pedestrians must be shown courtesy at all times when the group is out jogging.
- The jogscotland leader setting the pace at the front of the group must not be overtaken, by any member unless given permission by the leader.
- Care must be taken at all times whilst crossing roads, and if in doubt you do not cross the road.
- Members should not switch between groups without the permission of the club.
- All children under the age of 14 must be accompanied by an adult at all times whilst out jogging.
- If a member has to leave the group whilst out jogging for any reason they must notify a leader otherwise they remain with the group.
- All members must complete a medical history form before they can become and official member of Peterhead JogScotland.
- Members should show courtesy and support to each other at all times.