



## Rules and Regulations of Canicross Aberdeenshire

1. It is the owner's responsibility to check if they and their dog is fit and healthy to run. The welfare of the dog(s) is paramount. If there is any doubt about your dog's suitability for canicross, please discuss with your vet. Dogs must be at least 1 year old before participating in a canicross run. For larger breeds, it is advisable to wait until the dog is 18 months old. For all dogs, irrespective of breed, size or age, it is important to start slowly, train responsibly, and build up to running consistently in a running harness over any distance.
2. Everyone participates at their own risk and is solely responsible for themselves and their dog(s). All relevant health issues of both humans and dogs must be disclosed to the Run Leader prior to participating.
3. If you participate with a borrowed dog – you must inform the Run Leader in advance and assume all responsibility for the dog.
4. If you are new to Canicross Aberdeenshire, please complete the Club's disclaimer form before participating in a run (this can be found on our Facebook page and is available on request).
5. All participants must be polite and courteous to members of the public and bear in mind they are a representative of Canicross Aberdeenshire.
6. All participants must follow the guidance of the committee/Run Leader.
7. The committee/Run Leader has complete discretion if they wish to remove a participant and their dog(s) from the run/meeting/club. This must be respected and acknowledged that a decision to do so will not be made lightly.
8. The committee/Run Leader reserves the right to request any dog be muzzled.
9. The Run Leaders are not fitness instructors, and as such will not guide you through a warm up. To avoid injury please ensure you and your dog are suitably warmed up prior to participating.
10. A meet or run, is defined as being a Club Run or Club Meet for insurance purposes if it has been posted under the "events" section of the Club Facebook page. However, we still encourage members to meet each other and participate in social runs and casual meets at any time outside of the published "events".

11. Children aged 7 years and older are welcome to join club runs if accompanied by a parent/guardian. Children participating under the age of 16 can run with the group but the responsibility of the child lies with the parent/guardian or carer at all times. Please do not attach children to dogs by themselves, without consulting the Run Leader. An adult may be required to be attached as well.
12. Please ensure you pick up after your dog and dispose of waste appropriately.
13. Appropriate equipment is to be used at all times i.e. a waistbelt for the runner, attached to a bungee line, attached to a safe pulling harness for the dog. If in any doubt please seek advice from a committee member/Run Leader.
14. Canicross Aberdeenshire aims to provide spare kit to those who need it – it's the runner's responsibility to check condition and suitability of kit before running.
15. If there is an incident or accident whilst participating with Canicross Aberdeenshire, please inform a committee member as soon as possible and in all cases prior to leaving the run.
16. All dogs must be attached to the runner during Club Runs, unless otherwise dictated/allowed by the Run Leader.
17. Participants are counted in and out of each Club Run. Do not leave without ensuring the Run Leader has accounted for you.
18. Bitches in season are not permitted at Club Runs.
19. A maximum of 2 dogs per runner at Club Runs. A runner may only run with more than 2 dogs at the discretion of the Run Leader and when size and temperament of those dogs pose no increased risk to safety.
20. The run leader or a committee member reserve the right to cancel a Club Run at any time, as is deemed necessary by them.
21. There is a "3-Run Rule". If you are new and haven't become a member you can run with Canicross Aberdeenshire as a trial period to a maximum of three Club Runs, before you are required to join as a member. Please refer to our website or Facebook page for a Membership information.

REVISION NUMBER: 3.0  
UPDATED: 19 November 2021  
UPDATED BY: Lauren Horgan  
POSITION: Chairperson  
KEY CHANGES: - Amendment to point 19 to allow more than 2 dogs if safe (02/12/20)  
- Removed reference to Membership "Form" (02/12/20)  
- Clarification on point 1 regarding minimum age requirements for dogs participating in canicross

***Please note that printed copies of this document are not controlled.***