



General

1. When out on the course, you are ambassadors for the Rat Race, and the outdoor adventure community. Be happy, courteous, smile, and spread this amongst everyone that you meet.
2. If a team or participant is reported to event staff for an infringement or conflict, by other teams or participant, the authorities or the public, then disqualification from the event is the likely result. Remember, the event number that you will be wearing provides unambiguous identification.
3. There are explicit instructions in the Routebook and other event documentation. Follow these instructions. Deviations from the intentions and spirit of the routebook and other instructions will lead to penalties. This includes cheating.
4. There are verbal briefings at the start of each day of activity. You must be in attendance and you must listen and take heed of advice in these briefings. These briefings reinforce certain matters in this Code of Conduct and occasionally introduce new matters arising.
5. Adhere to the Rules of the event, published on the website. These create a fair platform for competition.
6. You are asked to follow the Highway Code and Country Code and any other codes brought to your attention. Here are the codes that you need to be conversant with;

[Highway Code – for cyclists](#)

[Highway Code – for pedestrians](#)

[Countryside Code](#)

[IMBA - Rules of the Trail – for Mountain Bikers](#)

[Waterways Code – on the towpath and on the water](#)

7. Roads are not closed for this event, and you share access with other users, many of whom you are obliged to give way to when you are cycling.
8. Leave no litter.
9. Do not shout loudly or swear. But please talk, sing, smile and wave.
10. Follow the instructions of any event crew, volunteers or marshals. They may know something that you do not, and are acting with the best current and localised knowledge.

There are other codes and byelaws that may be brought to your attention at specific events or areas, for example in Parks.

We have incorporated the most important matters in these codes in the Code of Conduct activity breakdown below.

Cycling

1. Absolutely, under no circumstances whatsoever, should you jump a red light. If it's amber, slow down and stop. This is absolute gospel. Those seen running red lights will be instantly disqualified. Period.
2. No riding on the pavements or in pedestrian areas. This is as serious as the above. Please respect this rule – even if it's a quick hop into and out of a pedestrian area or up a curb – DON'T! It is illegal and you may jeopardise the entire event if you enter a pedestrian area on a bike.
3. You are in teams of 3 or 2 – but this doesn't mean ride 3 abreast. Stay into the left on roads and ride line astern. Remember the roads are open to all traffic. Buses, taxis and other motorists can become agitated at cycles taking up large portions of the road. Even if you think you are entitled to a larger amount of space than you are commanding, your safety and that of road users around you might be jeopardised if other road users do not respond well to your use of the space.
4. Be courteous and considerate when overtaking and passing other users. Be especially careful to reduce your speed, hail the persons (they may be hard of hearing), and take extra caution near children, pet animals and horses. Use your bike bell (which is a mandatory kit item) and thank the persons after passing. As a cyclist, you do not have right of way over pedestrians. Anticipate other trail users around corners or in blind spots. DO NOT cycle recklessly or make manoeuvres that threaten, frighten or endanger other users. All of these points apply particularly to towpaths, cycleways, riverside paths and other multi-use pathways, some of which are narrow.
5. In any timed out sections, (which will be marked and described), please remain vigilant to hazards and please do not race. These are usually timed out for a reason, which is usually safety related. There are penalties for completing any timed out sections faster than intended.
6. Roads are not closed for this event. You share access with other users.

Running / Walking

1. Don't barge past or intimidate pedestrians.
2. Respect and use pedestrian crossings where you are directed to them by the event and where they conveniently situated – cross when green. Set a good example at all road crossings.
3. Adhere to any specific rules for 'No-Running' zones described in the routebook, briefings, venues or persons commanding. E.g. Shopping Centres and Museums. Access will have been negotiated on these terms.
4. You are in teams of 3 or 2 – but this doesn't mean running 3 abreast. Even if you think you are entitled to a larger amount of space than you are commanding, your safety and that of pedestrians around you might be jeopardised if other users do not respond well to your use of the space.
5. Be courteous and considerate when overtaking and passing other users. Be especially careful to reduce your speed, hail the persons (they may be hard of hearing), and take extra caution near children, pet animals and horses, and thank the persons after passing. Do not command right of way over pedestrians. Anticipate other trail users around corners or in blind spots. DO NOT run recklessly or make manoeuvres that threaten, frighten or endanger other users. All of these points apply particularly to towpaths, cycleways, riverside paths, pedestrianised areas and other multi-use pathways and spaces that may be busy or narrow.

6. Roads are not closed for this event. You share access with other users.

Kayaking

1. Give way to powered craft
2. Paddle on the right, in the waterway
3. Hail any anglers and craft that you are about to pass
4. Avoid fishing lines and take instruction from anglers
5. Take instruction from powered craft operators
6. Anticipate the passage of other users and DO NOT make manoeuvres that frustrate or endanger others
7. Waterways are not closed for this event. You share access with other users.
8. Go to the assistance of others that are in difficulty, whether associated with the event or not.

Rope work and Special Activities

1. Be patient if any queues develop and enjoy the spectacle
2. Take instruction from activity instructors and marshals. Pay attention
3. Follow the on-site routing and activity sequence in the way intended
4. DO NOT make actions and manoeuvres that frustrate or endanger others

Incidents

1. Follow protocols for incident reporting and actions, as directed by the guidance in the Routebook and briefings
2. Go to the assistance of others that are in difficulty, whether associated with the event or not
3. If the incident is an emergency, then work as a team to make a place and person(s) safer and attend to any injuries, using first aid and emergency practices if necessary. The event emergency protocol will guide you.