



ASHRIDGE CLUB RULES

Ashridge is a not-for-profit club, and more information can be found on <http://ashridgecanicrossers.org.uk/>

General

1. You run at your own risk and accept that canicross comes with all the inherent challenges of cross country running with dogs.
2. You are welcome to run as a guest for 3 runs before joining the club as a member
3. Members must be over the age of 18, children between 10 and 18 years of age may run as a guest with the supervision of their member parent or guardian on the same run.
4. No children under 10 years of age may run in our club.
5. Club runs are Saturday morning and Wednesday Evening. The club may designate other special runs where these rules will also apply. These ad hoc runs will be agreed beforehand and advertised as a club run.
6. Social runs organised by friends within the group are encouraged and welcomed but are not designated club runs therefore will not be covered by club rules or insurance.

On The Run

1. The club is a canicross club and you must use canicross equipment which is designed to ensure the dogs movement and breathing are not restricted in any way.
2. We do not have exclusive rights to the forest and must respect other users:
 - When passing other forest users, bring dogs under close control and give each other space
 - For horses, bring the run to a full stop and agree with the rider how to pass safely.
 - For bikes, bring dogs close and ideally on opposite side to the passing bike.
 - Children should be passed with extreme care.
 - On seeing other users or obstacles, vocally pass the information down the run so the whole run is aware and can take appropriate action.
3. If you experience difficulties on the run let your group leader know.
4. Be aware of your dog and any signs of ill health or injury (e.g overheating etc) and let the run leader know if you or your dog experience any difficulties.
5. Always follow the countryside code.

Canicross Etiquette

1. It's deemed acceptable for the dog to be behind on a downhill or technical section, however the dog should not be dragged.
2. When we regroup, give other dogs space and avoid blocking the track for other forest users.
3. When overtaking, the advancing runner must shout a warning to the front runner of their intention to overtake and which side they intend to overtake. The

canicrosser who is being overtaken must ensure they move to the side and pull their dog in close to allow safe overtaking. Communication is key.

Human

1. Runs are organised via the facebook page. Please respond on the post to let us know that you are coming and check before leaving for any changes.
2. New runners are encouraged to attend Saturdays to start. Wednesday night runs are more technical with fewer leaders and are for more experienced canicrossers.
3. Please do not attend if you have any infectious diseases and let your group leader know if you have any medical condition they should be aware of.
4. Carry water for your dogs.
5. Our club insurance covers persons acting on behalf of the club, we recommend you keep 3rd party liability for your dog.
6. Runners may not wear shoes that may be dangerous to dogs and shoes with metal spikes are strictly forbidden.
7. Please pick up after your dog, bins are provided around the monument and car parks.

Dog

1. Your dog/s are your responsibility. Please be aware of what they are doing at all times as they may get excited / elevated.
2. Dogs must be on lead / lines before, during and after meets.
3. Give other dogs space before, during and after runs to avoid issues.
4. Dogs must be at least 12 months of age before joining the club - larger dogs may need more time for joints to mature.
5. Do not bring bitches in season, or pregnant or nursing bitches
6. Do not bring dogs with infectious diseases (for example kennel cough).
7. Some dogs may not be suitable for canicross, please check with your veterinarian. The club reserves the right to advise you if it is believed your dog is not suitable for canicross.
8. Do not feed your dog ideally 2 hours prior and 1 hour post runs to avoid bloat.
9. If your dog is reactive in any way, please advise your run leader.
10. If your dog wears a muzzle, please ensure it is an open basket / greyhound race type so that the dog may pant and drink.
11. The club recommends you run with up to two dogs.

Please do ask your run leader or club committee if you have any questions.

Further guidance and clarity can be found on our website under Club Documents.