



Joining a parkrun event with your dog?

Here are a few things to remember...

Many parkrun 5k events do allow runners with dogs although this may not be possible at some locations. Don't forget that parkrun is a fun, volunteer-run, inclusive event **for humans**.

Hazlehead parkrun allows canicross runners, but please read below to ensure that we are always a welcome addition!

To find out if a parkrun event is dog-friendly, please search for the specific route on the parkrun website and read the course information in full: <http://www.parkrun.org.uk/>

GENERAL RULES & ETIQUETTE

- Only **1 dog per runner** is permitted at parkrun and that the welfare of that animal remains your responsibility throughout your parkrun visit
- Keep your dog close to you and under firm control at all times. **A short lead** of max 1.2m length is mandatory (see "Equipment Information" below)
- **Do not allow your dog to lunge or weave.** Keep your dog close to prevent any accidents. This is especially important on narrow paths, busy paths, and where there is 2-way traffic. Please remember, not everyone loves your dog and some people may even be genuinely frightened of your dog. **Be safe** when running with non-canicross runners, but also **be considerate**.
- Give your dog plenty of opportunity to do its business before the start of the run, to avoid sudden toilet stops in the middle of a busy path!
- Try to move off the course if your dog needs to relieve itself during a run
- **Always pick up after your dog.** Carry waste bags with you at all times to ensure that you leave the parkrun course in a good condition - that includes pathways and grass verges!
- **When overtaking**, do so politely and safely! Please wait for a large enough space, **allow approx. 1 metre's space between your dog and the person you are overtaking**, and let the person(s) in front know that you are about to pass them. The runner in front of you might not be aware that you are behind them or that you have a dog with you. Please make yourself heard but be polite. Say **"Passing on your right/left with a dog"** before you overtake, but **only overtake when it's safe to do so**.

- As with canicross events, please make best efforts to keep **noise to a minimum during the Run Briefing** so that other runners can hear what is being said - the briefings are important! If your dog is prone to making a lot of excitable noise, please remove it from the area
- It is recommended that you **bring your own water** for your dog
- Do not leave your dog(s) unattended in a car
- Always remember that canicross is a new and growing pastime, and to many people, you are their **first impression** of the sport. **Please make it a positive one!** When participating in canicross at any location, you are an ambassador for the sport

EQUIPMENT INFORMATION:

- Please keep your dog under firm control at all times with a line **no longer than 1.2m** and always take extreme care to avoid tripping other runners. The arctic wolf parkrun canicross line or the short bono canicross line available from [Quick Brown Dog](#) are both highly recommended:
 - <http://www.innerwolf.co.uk/arctic-wolf-lite-parkrun-line.html>
 - <https://www.facebook.com/BonoLines/>
- Use of a 'greyhound' type muzzle is permitted for canicross runs (other types of muzzles are not safe to run in)
- No halti's, choke chains, non-pull harnesses, flexi leads, or muzzles (other than racing greyhound type muzzle) should be used when running with your dog

Remember, you cannot register your dog, or any other animal for parkrun. You can only register humans for parkrun which you need to do in advance. Please visit the parkrun website to register and read more about the course you intend to run: <http://www.parkrun.org.uk/>

We hope these guidelines will help towards the ongoing success of parkrun and that Canicross Runners will always be welcome. These guidelines have been collected from various sources for the attention of **Canicross Aberdeenshire** members. To request any changes or additional information, please contact the Club by email: canicrossaberdeenshire@gmail.com

Further information about Canicross Aberdeenshire can be found on our website:
www.canicrossaberdeenshire.com