

Community Code of Conduct.

Applies to	All members and anyone attending a run arranged through RLS
Version	1.0
Effective date	22/07/2026
Next review	By 22/07/2027, or sooner if our services change materially
Owner	Sam Carey, Founder · hello@runlovesprint.com

Run Love Sprint exists so Londoners can find people to run with. Everything below follows from one idea: everyone who turns up, online or in person, should feel welcome and safe. This code applies across the app, the website, and every run arranged through RLS.

01 Be who you say you are

Use your real photos and be honest about yourself, your pace and your intentions. The Mate, Date and Sprint options exist so nobody has to guess. Respect what someone has said they are looking for. Mate means mate.

02 No means no, silence means no

If someone declines a connection, does not reply, or blocks you, that is the end of it. Do not attempt contact through other routes, other profiles, or in person. Persistence is not flattering, it is harassment, and it will end your time on RLS.

03 Treat people well at runs

Turn up when you say you will, or update the run so people are not left waiting. Run at the pace advertised, look out for anyone at the back, and remember that for some people showing up to run with strangers took real courage. Make it worth it.

04 Zero tolerance for harm

Harassment, threats, hate speech, discrimination, unwanted sexual behaviour and targeting of vulnerable people have no place here. These are removal offences on a first occurrence. We review every report, usually within 24 hours for anything safety-related, and we involve the police where behaviour is criminal.

05 Meet sensibly

Runs arranged between members are exactly that: adults choosing to meet. First time meeting someone, pick a public place and a public route, tell someone where you are going, and trust your instincts. If anything

feels off, leave, block, and report. You never need to justify any of those three.

06 Look after each other

If you are worried about another member, tell us at hello@runlovesprint.com. If you are struggling yourself, the Wellbeing section of the app links to Hub of Hope, Samaritans (116 123), SHOUT (text 85258) and CALM. Asking for help is a strength, and this community was built by people who believe that.

07 What happens if this code is broken

Depending on severity: content removal, a warning, suspension, or permanent removal. Serious harm means removal first time, no warnings. Full detail is in our Moderation and Reporting Policy and Safeguarding Adults Policy, both available at runlovesprint.com.