

Community Guidelines



NRG Kelowna Run Club Community Guidelines

Effective Date: October 2023

Last Updated: Mar 18 2025

Approved By: NRG Leadership Team

1. Purpose

NRG Kelowna is committed to fostering a **welcoming, inclusive, and respectful** environment for all participants. These **Community Guidelines** outline the expectations for behavior at NRG events, online spaces, and any affiliated activities to ensure a **safe, supportive, and enjoyable experience for everyone**.

By participating in NRG, you agree to uphold these values and contribute positively to our community.

2. Core Values

NRG is more than just a run club—it's a **community built on movement, mental health, and human connection**. Our core values guide everything we do:

- **Inclusivity** – Everyone is welcome, regardless of pace, experience, background, or identity.
- **Community & Connection** – Running brings us together, but the connections we build keep us coming back.
- **Movement for Mental Health** – Running is a tool for mental wellness, and we encourage open conversations about mental health.
- **Progress Over Perfection** – No matter your pace, every step forward counts.

In addition, we follow two guiding principles that shape the **NRG culture**:

- **Fun Over Fitness** – While fitness is a natural part of running, we focus on **enjoyment, energy, and the experience** rather than performance or competition.
 - **Respect & Safety** – Everyone has the right to **feel safe, included, and valued**. We respect each other, the spaces we use, and the community we share.
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3. Expected Behavior

3.1 Respect & Inclusivity

- ✓ **Respect all members, volunteers, and leaders.** Discrimination, harassment, or exclusionary behavior will not be tolerated.
- ✓ Be mindful of your **language and tone**, both in person and in online discussions.
- ✓ Avoid **offensive jokes, inappropriate comments, or aggressive behavior.**
- ✓ **Encourage others**—whether it's their first run or their 100th, support goes a long way.

3.2 Safety & Awareness

- ✓ Follow all **traffic rules and run leader instructions** during group runs.
- ✓ If listening to music, keep **one earbud out** so you can stay aware of your surroundings.
- ✓ Respect **pedestrians, cyclists, and other park/road users.**
- ✓ If you see something unsafe, **speak up** or alert a run leader.

3.3 Social & Online Conduct

- ✓ Use online spaces (Heylo, Instagram, etc.) to **share information, celebrate wins, and foster community.**
 - ✓ Keep discussions **constructive and respectful**—no bullying, spamming, or excessive self-promotion.
 - ✓ If you have an issue, bring it to leadership privately rather than airing grievances publicly.
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4. Safety Policies & Boundaries

4.1 Age Requirement

- **All NRG events are strictly 19+.** This ensures a consistent environment for our community and aligns with event policies, liability considerations, and post-run social activities.

4.2 Dogs at Run Club

- NRG has a **No Dogs Policy** (except for service animals). See the full [Dog Policy](#) for details.

4.3 Alcohol & Substance Use

- NRG is a **sober-friendly space** during group runs. Please do not show up under the influence of drugs or alcohol.
- Post-run social events are optional, and participants are expected to **drink responsibly** if alcohol is involved.

4.4 Conflict Resolution & Reporting Issues

- If an issue arises between members, **resolve it respectfully and privately when possible.**
 - If further action is needed, **contact an NRG leader** so we can mediate or step in.
 - Any form of harassment, discrimination, or repeated disruptive behavior may result in **removal from the club.**
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5. Leadership & Volunteers

NRG leaders and volunteers commit to:

- ✓ Setting a **welcoming tone** for new and returning members.
- ✓ Keeping runs **organized, safe, and fun.**
- ✓ Addressing concerns in a **fair and respectful manner.**
- ✓ Upholding and enforcing these guidelines when necessary.

If you're interested in **becoming a leader or volunteer**, reach out to the team!

6. Questions & Contact

For any concerns, feedback, or clarifications regarding these guidelines, please contact:

 aforbesda@gmail.com or melissamariebarr@gmail.com

 @NRGKelowna or @Melissabxrr

Thank you for being part of **NRG Kelowna** —let's keep the energy high, the community strong, and the runs fun for everyone!

Policy: No Dogs at Run Club



NRG Policy: No Dogs at Run Club

Effective Date: March 19th, 2025

Last Updated: Mar 12th, 2025

Approved By: NRG Leadership Team

1. Purpose

NRG is committed to providing a **safe, inclusive, and enjoyable experience** for all runners. After careful evaluation, we have determined that **dogs will no longer be allowed at run club events** due to safety concerns for both runners and the dogs themselves.

This policy aims to **reduce risks associated with running in large groups**, ensure the well-being of all participants, and maintain a smooth, organized running experience.

2. Policy Statement

Effective immediately, **dogs are not permitted at NRG events, group runs, or training sessions**. This policy applies to all runners, regardless of the dog's size, temperament, or training level with the exception of **certified service animals trained to assist individuals with disabilities**.

3. Rationale for Policy Implementation

3.1 Safety Risks to Runners

- **Tripping Hazards** – Leashes, sudden movements, and dogs weaving between runners pose a significant risk of falls and injuries.
- **Route Congestion** – Adding dogs and leashes in a group of **100+ runners** makes navigating narrow paths and roadways more difficult.
- **Pace & Flow Disruptions** – Dogs naturally move at different speeds, stop suddenly, or pull in unpredictable directions, disrupting the rhythm of the run.
- **Cyclists, Pedestrians & Traffic Interactions** – Dogs may react unpredictably to **bikes, passing runners, wildlife, or road traffic**, creating potential accidents.

3.2 Risks to Dogs

- **Overstimulation & Anxiety** – Large groups of fast-moving runners can be highly stressful for dogs, even if they appear excited initially. This has been evident in behaviors such as excessive pulling, barking, and nervous defecation during runs.
- **Injury Risk** – Small dogs, in particular, are at high risk of serious injury if accidentally stepped on by a runner.
- **Weather & Environmental Risks** – Hot pavement, icy roads, and unpredictable terrain can be harmful to a dog's paws and overall health.
- **Hydration & Overexertion** – Unlike humans, dogs cannot regulate their body temperature as effectively, increasing their risk of overheating, dehydration, or exhaustion during high-intensity group runs.

3.3 Liability & Group Management Considerations

- **Potential Injuries or Conflicts** – In the event of a trip-and-fall incident or an interaction between dogs and runners, the liability falls on the event organizers and dog owners, creating **unnecessary legal and safety risks**.
 - **Not All Runners Are Comfortable Around Dogs** – Some participants may have **allergies, past trauma, or fear of dogs**, which can make their experience at run club uncomfortable or unsafe.
 - **Maintaining an Inclusive Environment** – Our goal is to ensure that **all runners—regardless of their comfort level with dogs—feel safe and welcome at NRG events**.
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4. Exceptions & Alternative Options

There will be **no exceptions** to this policy for individual dogs, regardless of breed, size, or temperament outside of certified service animals. We encourage members who wish to run with their dogs to explore **dog-friendly running groups** in the area or participate in **pet-friendly events** outside of NRG.

5. Enforcement of Policy

Runners who bring a dog to an NRG event will be:

1. **Politely reminded of the policy and asked to refrain from bringing their dog in the future.**

2. If repeated violations occur, **they may be asked to leave the event** to maintain the safety and integrity of the run.
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6. Questions & Contact

For any questions regarding this policy, please contact:

 aforbesda@gmail.com or melissamariebarr@gmail.com

 @NRGKelowna or @Melissabxrr

NRG's leadership team appreciates your cooperation in **helping us create a safe and enjoyable environment for all runners.** 🏃💙

Mental Health Services & Resource Guide



Mental Health Services & Resource Guide

Crisis & Immediate Support

- 9-8-8 Suicide Crisis Helpline
Call or text 9-8-8 — available 24/7 across Canada for anyone in crisis or concerned about someone else. kcr.ca+1bcmhsus.ca+1
- Interior Crisis Line Network
Call 1-888-353-2273 — 24/7 emotional support and crisis intervention.
- 1-800-SUICIDE
Call 1-800-784-2433 — immediate support for those at risk of suicide.
Wikipedia+1kcr.ca+1
- 310-MHSU (6478)
Call 310-6478 (no area code needed) — connects you to your local Mental Health & Substance Use centre. [Interior Health](https://InteriorHealth)

General Mental Health Services

- Canadian Mental Health Association (CMHA) Kelowna
Offers programs including virtual counseling for adults 25+, youth housing, and wellness education.
 Kelowna, BC
 250-861-3644
 cmhakelowna.comWikipedia+8thirdspacecanada.org+8okanagan.bc.ca+8
- Interior Health – Kelowna Mental Health & Substance Use
Provides services like crisis response, counseling, early psychosis intervention, and substance use treatment.
 505 Doyle Avenue, Kelowna, BC V1Y 0C5
 250-469-7070
 [interiorhealth.caInterior Health+1Wikipedia+1](https://interiorhealth.caInteriorHealth+1Wikipedia+1)
- Connect Counselling Society
Offers individual, couples, and group counseling services, with options for low-cost and

fee-for-service sessions.

 204-347 Leon Avenue, Kelowna, BC V1Y 8C7

 250-860-3181

 connectcounsellingsociety.ca

- OK Clinical Therapy Group

Provides a variety of counseling services with a sliding fee scale, evening and weekend appointments, and online options.

 206 - 1634 Harvey Ave, Kelowna, BC V1Y 6G2

 250-862-1927

 okclinical.com

Youth & Family Services

- Foundry Kelowna

Supports youth aged 12–24 and their families with integrated services including mental health care, substance use support, and primary care.

 100-1815 Kirschner Road, Kelowna, BC V1Y 4N7

 236-420-2803

 foundrybc.ca/kelownathirdspacecanada.org

- UBCO Interprofessional Mental Health Clinic

Offers free 30-minute virtual appointments for individuals 16+, available on select days.

 ASC167, Arts and Science Building, UBC Okanagan

 250-807-8241

 psych.ok.ubc.ca/okanagan.bc.ca

- Kids Help Phone

Provides 24/7 confidential support for youth aged 5–20.

 1-800-668-6868

 Text 686868

 kidshelpphone.ca [Wikipedia](https://en.wikipedia.org/wiki/Kids_Help_Phone)

Specialized & Community-Based Programs

- Okanagan Mental Health Services Society (OMHSS)

Offers supportive housing and therapeutic work programs for adults with serious and persistent mental health challenges.

 112 – 2303 Leckie Rd, Kelowna, BC V1X 6Y5

 250-717-3007

 okanaganmentalhealth.com HealthLinkBC

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[Bradstreet+8HealthLinkBC Finder+8okanaganmentalhealth.com+8](#)

- Third Space Charity
Provides mental health resources and support, including counseling services and community programs.
 1708 Dolphin Ave #104, Kelowna, BC V1Y 9S4
 250-800-0720
 thirdspacecanada.orgthirdspacecanada.org
- BounceBack BC
A free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress, or worry.
 bouncebackbc.ca

References:

- <https://www.cmhakelowna.com>
- <https://www.interiorhealth.ca/locations/kelowna-mental-health-substance-use>
- <https://www.connectcounsellingsociety.ca>
- <https://okclinical.com/okanagan/>
- <https://foundrybc.ca/kelowna>
- <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>
- <https://kidshelpphone.ca>
- <https://www.okanaganmentalhealth.com>
- <https://www.thirdspacecanada.org/resources>
- <https://bouncebackbc.ca>
- <https://kcr.ca/family-services/suicide-crisis-hotline-en>