

**Avon Valley Runners – No Headphones Rule**

In line with **UKA Rule TR55 S5**, the use of headphones is **not permitted** in Avon Valley Runners road races where the course is shared with other road users.

* **Not Permitted:** Earbuds, in-ear headphones, over-ear headphones, and noise-cancelling devices. This also includes Bone-conduction headphones that sit outside the ears.

Wearing prohibited headphones may result in **disqualification**.

For safety reasons, race organisers have enforced their right to ban **all types of headphones**, in order to maintain the event licence and ensure the wellbeing of all runners.