

FORDY RUNS RUNNING CLUB

CODE OF CONDUCT

Quick read guide for all club members, affiliates, attendees or supporters.

By attending a FORDY RUNS RUNNING CLUB event, training session or club sanctioned activity I will be aware that the following is expected of me at all times and agree to adhere to the following code.

I WILL

Treat all members of the public, coaches, leaders, club members, committee members and other runners with respect whenever I am representing the club, either at training, races, events or when wearing FRRC club attire.

Ensure that any clothing, footwear or equipment I am using is fit for purpose, of no danger to myself or others and is appropriate for the activity for which it is being used. If I am unsure, I will seek the advice of the run leader or coach supervising or leading the activity.

At all times follow the instructions of the allocated run leaders, facilitators, coaches or race officials during group runs, races or events. If I have concerns regarding this, I am aware I can remove myself from the session and raise any concerns with a club official.

Be responsible for my own health and wellbeing whilst attending any group runs or activities. If I am unsure, I will inform the coaches, leaders or officials of any health conditions they need to be aware of, and if I feel unwell during a session, I will safely stop the activity and inform someone or seek medical attention.

Inform the welfare team if I have any legal restrictions regarding my participation or interaction with vulnerable groups. This can be done in confidence by emailing FRRCWELFARE@hotmail.com.
(Note 1)

Bring to the attention of club officials/committee/welfare any concerns I may have regarding the actions of, or wellbeing of, another club member or group attendee.
(Note 2)

Respect the rights of others and treat everyone with dignity.

Be a team player, be on time, support others when possible, promote the sport, always promote the club and act as an ambassador.

Ensure that I inform leaders, coaches or FRRC representatives should I not wish for any photos or videos taken of me during club events to appear on social media or for club promotion. I am aware that any photos taken of me that I have knowingly posed for may be used by the club in perpetuity.

Respect any decisions of the club committee/officials. Uphold the standards of behaviour for senior athletes as set out by England Athletics.

(see link below)

I WILL NOT

Bring the club – FORDY RUNS RUNNING CLUB – into disrepute.

Use offensive language or conduct myself in a manner that may cause upset or offence to another runner or member of the public.

Leave a group activity without informing the leader or coach, or if they are not available another runner.

Knowingly put myself in danger.

Participate in training or racing whilst under the influence of illicit substances or alcohol.

Knowingly bully, harass or intimidate another club member either physically or via electronic means.

BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by the club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from a coach or official
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended from the club
- be required to leave the club.

England athletics Code of Conduct for senior athletes can be found here:

<https://www.englandathletics.org/clubhub/asset-download/2021/10/codes-of-conduct-senior-athletes-1.pdf>

(Note 1) FRRC is an adult only running club and we do not anticipate attendance of under 18s, however on occasion under 18s may be present at club activities. If you have any concerns regarding this, please seek advice from the welfare team.

(Note 2) FRRC Welfare will treat any disclosures within the strictest confidence, however, should risk of harm be identified, Welfare are duty bound to share information with relevant authorities. Should this happen Welfare will, where possible, attempt to discuss this with the effected member(s) first, however this is not always possible.

Safeguarding is everyone responsibility.