



Solent Running Sisters Constitution

This Club shall be known as **SOLENT RUNNING SISTERS**.

Aims and objectives.

- a. To encourage women to run together for fitness, fun, friendship and safety.
- b. To provide opportunities for women to enter events.
- c. To stimulate women's interest in their own fitness and well-being.
- d. To promote women's participation in amateur athletics.
- e. To provide training sessions for members of all levels of experience and fitness, including women new to running.
- f. The Club will be non-profit making and its accounts will be audited once a year.

Membership

- a. Membership is defined by fully-paid up subscriptions and compliance with the Objectives of the Club.
- b. Membership is open to women over 18 years of age.
- c. Members shall have the right to participate in any events organised by the Club.
- d. All Members shall have the right to vote on motions at the Annual General Meeting and at Exceptional General Meetings. All members are welcome to attend and observe Committee and Sub-Committee meetings.
- e. Membership fees will be set at the Annual General Meeting and may also be changed at an Exceptional General Meeting following a decision made by the Committee.
- f. Members have a duty to declare any condition which may have an impact on running and activities within the club.
- g. Membership of the Club ends if:
 - The member dies.
 - The member resigns.
 - The member's subscriptions are at least 3 (three) months overdue.
 - The member is removed from membership by a committee resolution.

An outgoing member forfeits her rights in and claims upon the Club, but the Committee may refund an appropriate part of a resigning member's subscription fee if appropriate.

Management

- a. The business of the Club shall be conducted by a Committee, at least five members, elected annually at the Annual General Meeting, including Chair, Secretary, Treasurer, Welfare Officer, Lead Coach and any other officers elected.
 - The Committee has the power to co-opt officers as required.
 - Five Committee Members constitute a quorum.
 - Each Officer holds office from the date of election until the conclusion of the next AGM.
- b. The Committee to meet regularly to ensure smooth management and co-ordination of the club. The Committee may make bye laws as necessary for the proper conduct and management of the Club and for prescribing classes of and conditions of membership.

- c. The Committee will usually meet in person for meetings but virtual meetings can occur where it is not possible to meet face-to-face.
- d. Members of the Committee shall not hold the same office for more than five consecutive years.
- e. A full session of the Committee has the right to expel any Member.
- f. Accounts to be agreed and signed by the Treasurer and one Committee Member and are to be audited annually.
- g. Any expenditure of £100 or over should be agreed at a Committee Meeting or if this is not possible, by written resolution.
- h. Officers will be reimbursed for legitimate expenses. Receipts should accompany all claims.
- i. Every Officer will be indemnified out of Club against any liability incurred in the proper discharge of his or her duties to extent permitted by law.
- j. All resolutions of the Committee shall require the vote of a simple majority of the Members present, each Member having one vote except the Chair who, in the event of an equal number of votes being cast for or against, shall have a casting vote. A written resolution signed by all Officers is acceptable if a decision needs to be taken before the Committee can meet.
- k. Constitutional amendments may be made at an Annual General Meeting by majority vote.
- l. An Exceptional General Meeting may be called within 14 (fourteen) days of a written requisition signed by five or more members.
- m. For the Annual General Meeting and any Exceptional General Meetings, ten members constitute a quorum.

Sub Committees

- a. All Sub-Committees will report to the main Committee.
- b. The Club has three Sub-Committees: Leaders and Coaches, Events, Races
- c. Additional Sub-Committees may be formed. All Sub-Committees will report to the main Committee.
- d. The Leaders and Coaches Sub-Committee is to be chaired by the Lead Coach. The Lead Coach must hold a current Coach in Running Fitness qualification (or equivalent) with England Athletics.
- e. The chair of the Events Sub-Committee is to be chaired by the Events Officer.
- f. Sub-Committees may include members not elected to the Committee, as determined by the Sub-Committees' respective chairs.

Complaints and Disputes

- a. All concerns relating to the welfare of vulnerable adults will be addressed in accordance with the Club's safeguarding policy and procedures. The Welfare Officer shall be the lead Officer on such matters.
- b. Any complaints regarding the behaviour of members or Officers shall be presented to the Secretary.
- c. A rejected application or terminated membership may be appealed to the members in General Meeting, to be heard within twenty-eight days.
- d. If a membership dispute arises, the parties will first try in good faith to settle the dispute by mediation before resorting to litigation.

Club closure

- a. Any decision to close the club will be taken at the A.G.M. or an E.G.M. in line with management procedures.
- b. In this event, all outstanding debts will be met from the bank account and remaining balance donated to a charity nominated at the closure meeting.

Personal Risk

- a. Members and guests accept that playing sport can be dangerous and may result in injury and damage to property. Members and guests shall take personal responsibility for their own actions and participate in the Club's sporting activities at their own risk.
- b. By participating in activities organised by the club, members and guests agree to follow the club's rules.
- c. To the extent permitted by law, the liability of the Club and its Officers to any member is limited to the net assets of the Club.

Amended according to Annual General Meeting rules January 2017.

Amended Complaints and Disputes section d. July 2021.

Amended according to Annual General Meeting addition of Management section c January 2023.

The Constitution will be reviewed as required.