

Edmonton Running Club Code of Conduct

This document sets out the behaviour expected of club members, volunteers and participants in club activities and details the role of the welfare officer(s).

Club Members

The success of Edmonton Running Club is dependent on the active participation of all our members. The club is run and managed by a small committee of volunteers and we ask all members to support the committee and get involved where possible. The following code of conduct is mainly 'common sense' but we encourage all members to read this and adopt these principles. As a responsible club member you will:

- Respect the rights, dignity and worth of all club members, committee members, coaches, and treat everyone fairly.
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and turning up on time to club sessions and events.
- Ensure that payment of annual membership fees is made promptly.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances.
- Always thank the coaches and officials who enable you to participate in athletics.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics.
- Cooperate fully with others involved in the sport such as coaches, officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of yourself and other athletes.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Challenge inappropriate behaviour and language by others.
- Never engage in any inappropriate or illegal behaviour.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity.
- Never publish on the club's social media or groups or on other social media in reference to the club or its members; material, comments, symbols or insignia that is obscene, racist, sexist, pornographic, sexually exploitive or in any other way discriminatory, threatening or harassing, personally offensive, illegal or related to any political or extremist groups.

In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics:

- Notify a responsible adult if you have to go somewhere (why, where and when you will return).
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information.
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official.
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer. Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer(s) as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible.

Running Group Participants

As a participant in any club-led running group you will:

- Listen to your run leader.
- Not divert from planned routes without the knowledge and consent of the run leader.
- Be honest about your ability. Take note of any recommendations given to you by run leaders about which group is right for you and change groups when appropriate.
- Inform your run leader if you have any injury, illness or long term medical condition that may affect your running. We recommend that you carry In Case of Emergency (ICE) details on your person.
- Anticipate and be responsible for your own needs. Be organised, on time, and have appropriate clothing and equipment. If it's dark, wear something bright – hi vis or reflective.
- Not use head torches unless agreed by all members of the group.
- Not run too far off the front of a group. Loop back at regular intervals or when requested to by your run leader.
- Look after the other runners within your group. If someone is struggling make sure that they are not left on their own or inform your run leader.
- Ensure any new members of those attending for a 'taster session' have an experienced member who knows the route with them at all times.
- Be responsible for your own safety and the safety of others. Warn other runners around you of impending hazards.
- Respect and acknowledge other road and footpath users. Be courteous and run in single file where appropriate. Close gates after passing through.
- Not leave a session without first informing your run leader.

Club Committee and Coaches

In order to maintain and develop a vibrant club you can expect the committee to uphold the same values as the general membership. In addition the committee and coaches will:

- Adopt national welfare policies and procedures, adhere to the codes of conduct and respond to any suspected breaches in accordance with the welfare procedures.
- Appoint a welfare officer and ensure that they are provided with appropriate training to act as a first point of contact for concerns about welfare issues.
- Ensure that officers & coaches hold the appropriate qualifications for their role and have undertaken the appropriate checks e.g. DBS checks.

Club Welfare Officer Details

Welfare Officers:

Gareth Jones: Lead Welfare Officer

Email: enquiries@edmontonrc.co.uk

Becky Tanner: Welfare Officer

The Welfare Officer(s) will:

- Deal with confidential matters that may arise related to athletes and have an understanding and appropriate manner to deal with such matters.
- Be responsible for the promotion of codes of conduct to members, parents and young people.
- Receive, record and pass on to the NGB Child Protection officer, any concerns relating to the welfare of young people and vulnerable adults.
- Provide advice on the development of activities for young people within the club/organisation.
- Support the registration of all personnel involved in activities for young people with the club/organisation (DBS checks).
- Recognise the difference between poor practice according to club rules and matters that would be seen as welfare issue.

See our safeguarding policy for full details.