

# ELMBRIDGE ROAD RUNNERS

## Code of Conduct

We believe that all runners at the Club should be treated equally and fairly and should know what the Club expects of them in order to ensure we get the best from our runners while representing the Club.

This document sets out the behaviours expected of Club members, volunteers and participants in all Club activities:

### **In General Members should:**

- behave sensibly and treat fellow members with respect and consideration;
- stop and offer help if you see another runner in difficulty;
- recognise the importance of team spirit and congratulate and support fellow runners;
- wear the Club vest/t shirt when competing in races for the Club;
- challenge inappropriate behaviour and language by others;
- inform the Club Welfare Officer\* if anything makes you concerned or uncomfortable or if you think a fellow runner has suffered from misconduct;
- not behave aggressively, either verbally or physically to anyone: no sexual or racial harassment (intimidation or bullying); do not use obscene language or gestures;
- not make abusive, offensive or derogatory comments on the Club's social media pages (Facebook, Twitter, Website, Instagram) and if such comments are made, the Committee reserves the right to delete these posts and exclude the author. ERR recognises that many runners make use of social media in a personal capacity and while they are not acting on behalf of the Club, members must be aware that they could risk damaging the Club's reputation if comments are not appropriate. All members are therefore requested to ensure that they continue to recognise and respect this;
- pay your annual subscription fee promptly;
- promote a good image of Elmbridge Road Runners and have fun and enjoy yourself.

### **On training nights Members should:**

- stop talking when Club announcements are made so that everyone can hear what is being said;
- make sure you warm up before and cool down after sessions, Run Leaders will encourage this but it is a personal responsibility of all to ensure they are prepared for sessions;
- tell the Run Leader if you have an injury prior to starting or if you pick up an injury during the session and have to leave early;
- select pace/distance groups for Club runs that are consistent with your fitness on the day and your own running standard;
- respect the decision of the Run Leader. If the Run Leader considers the pace/distance group is too demanding for you the Run Leader may ask you to join a different group;
- inform the Run Leader if you intend to leave the run before it finishes (for example, because the route passes your home);
- be responsible for your own safety and the safety of others; warn other runners around you of impending hazards;
- take equal responsibility with those you are running with to ensure that no runners are left behind;
- make sure you are wearing the correct kit for training, for example, fluorescent wear in the dark;
- follow the Highway Code when training and do not take unnecessary risks with traffic;
- with the agreement of the Run Leader, you may be accompanied by your child. Anyone under the age of 18 is a child. Your child remains entirely your responsibility and is never considered to be entrusted to the care of the Club. Your child must run in the

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same pace/distance group as you. You must be the parent or carer of any child who runs with you. There will be no exceptions to these rules about children.

**Committee Members should:**

- take an active role in the life of the Club;
- take an active role in the decisions and decision-making process taken by the Committee as a whole whether that is through the Committee WhatsApp group, Committee emails or attendance at Committee meetings;
- not discuss confidential information outside the Committee;
- always abide by any majority decision taken by the Committee;
- undertake any training relevant to their role.

*The Safeguarding/ Welfare can be contacted on [welfare@err.club](mailto:welfare@err.club)*