



TT01-08 issue 01 CLUB CODES OF CONDUCT

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1 CODE OF CONDUCT FOR GROUP LEADERS

1. Before you start running introduce yourself to the group and briefly explain the session that they are about to undertake.
2. Always ask whether anyone is new to the group or is feeling unwell or carrying an injury.
3. Ensure that everyone has proper running shoes and suitable clothing i.e. hi-visibility tops during dark evenings.
4. Begin each session with a gentle warm-up of at least 5 to 10 minutes of light running. Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast.
5. Do not allow large groups. If there are more than 15 people then the group should be split into two separate groups. If there are more than 10 people nominate a second runner as an assistant group leader.
6. Respect the rights, dignity and worth of every member of the group and treat everyone equally.
7. Place the welfare and safety of the group above the development of performance.
8. Do not lead the group across private land or along busy or dangerous roads. Think of the whole group when crossing roads.
9. Runs to be a maximum of 1 hour, people may have other commitments.
10. Make sure that all activities are appropriate to the age, ability and experience of those taking part.
11. Try and avoid runners returning to the Club on their own. Always ask for someone to accompany a lone runner back to the Cluhouse.
12. Be particularly aware of slower runners or new runners to the group.
13. Do not always lead the group from the front. Be aware of the whole group and remember to look out for all runners from the front to the back.
14. **Encourage – motivate – gain respect – offer advice**

2 CODE OF CONDUCT FOR CLUB MEMBER RUNNERS

1. Listen to the group leader and respect what they have to say, they have the best interests of the group in mind.
2. Respect pedestrians and other road users. Give way to others when necessary.
3. Always wear suitable clothing and proper running shoes. Whilst running on dark evenings wear light coloured or hi-vis clothing. It is also advisable to carry a torch.
4. Do not run too far off the front of a group and always regroup at regular intervals or when requested to by the group leader.
5. Be honest about your ability. If the group that you are in is too fast or too slow then consider changing groups at the next session.
6. Respect private land, close gates after passing through them and run in single file along footpaths.
7. Do not use inappropriate or offensive language whilst running with the club.
8. Treat others with the same respect and fairness that you wish to receive.
9. Inform the group leader if you have any injury or illness that may affect your running
10. Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own.
11. Warn other runners around you of impending hazards, pedestrians etc.
12. If unsure ask for advice.

3 CODE OF CONDUCT FOR PARENTS / GUARDIANS

1. Ensure that your child is equipped with proper running shoes and suitable clothing. This includes hi-visibility tops during dark evenings, long sleeved tops / long bottoms for cold weather and a jacket for wet weather.
2. Please provide a bottle of water for your child for each training session attended.
3. Encourage your child to learn the rules and play within them.
4. Discourage unfair play and arguing with officials. Publicly accept officials' judgements.
5. Help your child to recognise good performance, not just results.
6. Support your child's involvement and help them to enjoy their sport. Never force your child to take part in sport.
7. Set a good example by recognising fair play and applauding the good performances of all.
8. Use correct and proper language at all times.
9. Immediately report any concerns that you may have about the training sessions or associated activities to the Juniors Captain, Child Protection Officer or to any Club Committee Member.
10. Do not bring your child to any running sessions if he / she is unwell, injured or receiving any medication. The Coach or running supervisor can be asked for advice in respect of this.

4 CODE OF CONDUCT FOR JUNIOR ATHLETES

1. Play within the rules and respect officials and their decisions.
2. Respect the rights, dignity and worth of all participants regardless of age, ability, ethnicity, culture, religion or gender. Act with dignity at all times and treat others with the same respect and fairness that you wish to receive.
3. Keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
4. Wear suitable kit at each training session as agreed with the coach / team manager. Please also bring a bottle of water.
5. Athletes are not allowed to smoke or consume alcohol or drugs of any kind whilst attending club training sessions or representing the club at competitions.
6. Inform your coach of any other coaching you receive.
7. Notify a responsible adult if you have to go somewhere during a training session or competition.
8. Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you train. Do not respond if someone seeks private information, unrelated to athletics e.g. home life
9. Use safe transport or travel arrangements. Never accept a lift in cars or invitations into homes on your own or without the prior knowledge and consent of your parent / guardian
10. Speak out immediately if anything makes you concerned or uncomfortable. Tell your parents / guardian and / or the Club Child Protection Officer if you suspect that you or a club mate has suffered from misconduct by someone else