

CLUB RULES AND CONSTITUTION (8)

1) TITLE

- a) The name of the Club is the "Tamar Trotters"
- b) The Club was established in 1996

2) HEADQUARTERS

- a) The headquarters of the Club is at Aston House, Moorlands Lane, Saltash.

3) OBJECTIVES

- a) To provide facilities for and promote participation of the whole community in the sport of recreational and competitive Amateur Athletics, in particular Road Running and Cross Country.
- b) To promote the Club within both the local and the athletics community.
- c) To manage the facilities at Aston House and any other property that it owns, rents or hires.
- d) To ensure a duty of care to all members of the Club.
- e) To provide all of the Club services in a way that is fair to all.
- f) To ensure that all present and future members receive fair and equal treatment.

4) MEMBERSHIP

- a) Membership of the Club is open, on application, to anyone interested in recreational or competitive running, regardless of sex, age, ethnicity, race, nationality, sexual orientation, occupation, religion, politics, beliefs or disability except as a necessary consequence of the requirements of Athletics as a particular sport.
- b) Membership of the Club is confined to Amateurs as defined in the UK Athletics Rules for Competition.
- c) Application for membership shall be made on the current Membership Application Form to the Club Membership Secretary and must be accompanied by the portion of annual subscription fee that is applicable at the time of joining. New members may run with the club for free on the first visit but must join the Club before attending subsequent training sessions.
- d) To resign from the Club a member must inform the Membership Secretary in writing. His/her membership terminates on the date of that notice unless he/she is indebted to the Club, in which case the Committee may withhold acceptance of the resignation until the liability is fully discharged. No refund of subscription shall be made in respect of any un-expired period of membership
- e) The Management Committee may refuse membership or expel from membership only for good and sufficient cause such as conduct or character likely to bring the Club or the sport into disrepute. Appeal against such a decision may be made to the Club's members and decided by a majority vote at an Extraordinary General Meeting called for that purpose. No refund of subscription shall be made in respect of any un-expired period of membership.
- f) There are three classes of Membership; Senior, Family and Youth.

- a. Senior Membership is for single members aged 18 years and over. This class of membership can also cover one named child of the member up to and including 17 years of age who is living at the same address.
 - b. Family Membership covers 2 seniors and all their children up to and including 17 years of age or a single parent with more than one child up to and including 17 years of age. This class of membership will cover all named children of the members who are living at the same address. The 2 seniors must be cohabiting at the same address as a couple, two individuals who share a home but are not cohabiting are not covered by this class of membership.
 - c. Youth Membership is for single members aged 16 and 17 years, and for children up to 16 years who are members of a family group. The club will not accept anyone aged under sixteen 16 years as a single member.
- g) By becoming a member of the Club every member agrees to abide by the Club's Constitution, Rules and Codes of Conduct and also the rules and regulations of UK Athletics and England Athletics (or relevant successor bodies)

5) CHILDREN

- a) Club members may bring their own children who are aged 7 years and over to training evenings provided that at least one parent (or guardian) is present throughout the evening. The children will be catered for in a specific juniors group that will be supervised by at least one adult per 6 children.
- b) Parents will be responsible for their children's behaviour on Club training sessions and Club run events. Warnings will be issued for misbehaviour, two warnings will result in a one month running ban.
- c) Parents or guardians must complete a "Child Protection Disclaimer" and a "Photography Consent Form" prior to bringing their children to run with the Club.
- d) From time to time members who bring children to the Club will be asked to take their turn in supervising the juniors group. This duty is organised on a rota basis
- e) Children under the age of 16 are classed as junior members of the Club and as such pay no membership fees or subscriptions and have no voting rights.
- f) Only Children aged 7 years and over may run with the Club.
Children under the age of 12 years must run in the juniors group.
Children aged 12 and 13 years may run in any group up to and including the 10 min/mile group.
Children aged 14 years and over may run in any group at the discretion of their parents and the Management Committee.
- g) The club shall adhere to UK athletics guidelines on children's running distances, any child running outside these rules will do so at their parent's discretion and responsibility.

6) SUBSCRIPTION

- a) Each member shall pay an Annual Subscription, the amount of the Annual Subscription shall be set by the Management Committee and agreed at the A.G.M. The subscription shall be payable on election and subsequently annually on 1st April each year or by quarterly rests in the case of new members joining partway through the Club year or in the case of non-waged or low-waged Members.
- b) New Family, Senior and Youth members shall also pay a one off joining fee, for this fee they shall receive one club running vest.

- c) Each member shall also pay a Club Night Subscription on each training night attended. A visiting runner shall pay a Club Night Subscription only, but shall not constitute a full member and shall not therefore have any voting rights or other benefits of membership. Visits shall be limited to two in any one calendar month.
- d) Membership of the Club will be deemed as cancelled if the Annual Subscription is not paid within two months of the renewal date.
- e) The Club (Tamar Trotters) has a duty of care to perform in the interest of all of its members, individually, collectively, adult and children alike.

When acting in the best interests of the club and performing a duty of care, the club reserves the right to advise members formally to, either temporarily or permanently stop activities with the club, at the discretion of the Management Committee the advice can be applied to all of the clubs activities or singular events, i.e. either running, (physical exercise) or social events.

The club also has a zero tolerance policy on any Physical or Verbal abuse or bullying towards any individual whatever the situation and reserves the right to expel from the club any member not complying with this policy.

7) MANAGEMENT COMMITTEE

- a) The management of the Club is vested in a Management Committee comprising the following 14 posts:
 - i. The Chair
 - ii. The Club Secretary
 - iii. The Treasurer
 - iv. The Club Captain
 - v. The Juniors Captain
 - vi. And ten General Committee Members
- b) All members of the Management Committee shall be elected annually at the Annual General Meeting. Any person standing as a candidate for any committee post must be nominated by two other eligible members.
- c) A quorum for the Management Committee shall be eight. A meeting of the committee at which a quorum is present and has been properly convened shall be competent to exercise all the powers and discretions invested in the committee by this Constitution.
- d) The Management Committee shall meet once a month
- e) All decisions will be by a majority vote, providing that there is at least a quorum is in attendance. The Chair shall have a casting vote in the event of a tie.
- f) The Management Committee has the power to co-opt extra members up to a maximum of three, to create trustees if appropriate to any particular circumstance and to form sub Committees as and when considered necessary.
- g) The Officers of the Club are authorised to act between Management Committee meetings on such matters as cannot be left until the next meeting of the Committee.

- h) Whilst it may be possible for a member to stand for more than one post on the committee, no member shall be allowed to hold more than one post on the committee at any one time. If a member is elected to a post during the course of the AGM then their name shall be deleted from all subsequent voting for the remaining posts at that meeting.
- i) Any member standing for the position of Chair, Club Secretary or Treasurer must have previously been a committee member during the five years preceding the AGM at which they are seeking election. This policy is intended to maintain continuity and safeguard the interests of the Club.
- j) If the number of candidates for each of the named posts is only one then that candidate shall be declared as elected unopposed. If the number of candidates is more than one then ballot papers will be prepared containing, in alphabetical order, the names of all candidates proposed. Every eligible member may vote for each office with the first candidate to reach a majority elected.
- k) If the number of candidates for election as General Committee Members is less than or equal to the number of vacancies then each candidate shall be declared as elected unopposed. If the number of candidates is more than the number of vacancies then ballot papers will be prepared containing, in alphabetical order, the names of all candidates proposed. Every eligible member may vote for as many candidates as there are vacancies and those candidates with the most votes will be elected until all vacancies are filled.

8) CLUB COLOURS

- a) The Club colours shall be a burgundy and black 'T' shirt or vest and black shorts
- b) All members at competitive running events must wear club colours.
- c) All members attending Club training sessions during and after dusk must wear light coloured or reflective clothing.

9) ANNUAL GENERAL MEETING

- a) An Annual General Meeting shall be held before the end of March each year.
- b) The following business shall be undertaken:
 - i. The Management Committee's reports will be read and discussed.
 - ii. The accounts will be audited and available.
 - iii. The Committee Members will be elected.
 - iv. Any further matters on the Agenda will be considered.
- c) The Club Secretary must give every member 21 days notice of the meeting in writing.
- d) Notice of any business which it is desired be placed on the Agenda must be given in writing to the Club Secretary at least 14 days prior to the meeting.
- e) Amendments to the constitution may be changed by a two thirds majority decision of eligible members in attendance and entitled to vote at the meeting.
- f) All routine matters will be decided by majority vote of eligible paid up members in attendance at the meeting.

- g) A member who is in arrears for either subscriptions due or fees unpaid shall not be entitled to vote at the AGM.
- h) Fifty paid up members will constitute a quorum
- i) Only members aged 16 years and over will be eligible to vote.
- j) The Chair shall have a casting vote.

10) EXTRAORDINARY GENERAL MEETING

- a) The Club Secretary must call an Extraordinary General Meeting within 14 days of the receipt by him / her of a requisition in writing signed by at least thirty eligible members of the Club stating the business to be brought before such a meeting.
- b) Not less than 21 days notice of an Extraordinary General Meeting, specifying the place, day and time of the meeting, shall be given to the members.
- c) The conditions set out in clauses 9) e) to j) will apply.

11) AMENDMENTS TO CONSTITUTION

- a) The Management Committee, by a two thirds majority decision at a quorum meeting, may propose amendments to the Constitution.
- b) The changes may only be made at the Annual General Meeting or an Extraordinary General Meeting called for that purpose.
- c) The Club Secretary must give 21 days notice in writing to all members for an Extraordinary General Meeting called under this heading.
- d) The conditions set out in clauses 9) g) to j) will apply.
- e) If the motion is passed by a two thirds majority of eligible members in attendance and entitled to vote at the meeting then the amendment to the Constitution will be adopted.

12) DISSOLUTION

- a) The Management Committee, by a two thirds majority vote at a quorum meeting, may decide to dissolve the Club. They must then call an Extraordinary General Meeting giving 21 days notice in writing to all Club members
- b) Alternatively thirty paid up and eligible members may petition the Club Secretary in writing to call an Extraordinary General Meeting in which the conditions set out in clauses 9) c) to j) will apply with respect to calling the meeting and voting at it.
- c) If the motion is passed by a two thirds majority vote at that meeting then the Club is dissolved.
- d) Upon dissolution any funds remaining after all debts have been met will be donated to England Athletics, or successor body, for use by them in community related sport.

13) CODE OF CONDUCT

- a) The club code of conduct whilst representing the club during training or racing shall be to observe traffic rules, look out for pedestrians and remember that safety is paramount. The use of 'Walkmans' or other devices plugged into the ear whilst running on club nights is prohibited. Members shall also be aware of their general conduct whilst representing the club in any capacity, and shall not conduct themselves in a manner, which could bring the club into disrepute.

14) ACCOUNTS

- a) The Club Treasurer will be responsible for the finances of the Club
- b) All Club monies will be banked in accounts in the name of the Club
- c) Club Accounts will require two signatories, that of the Treasurer and one Committee Member for each account
- d) The Club Treasurer will ensure proper accounts are kept and provide Committee Members with accurate financial reports on at least a quarterly basis. The Club's financial records shall always be open to inspection by any eligible member of the Club.
- e) The Club's financial year shall run from 1st January to 31st December each year. The Club Treasurer will present accounts for the previous financial year to the Annual General Meeting for consideration and copies of these will be available to members at the meeting.
- f) If the accounts are not accepted at the Annual General Meeting then a qualified accountant may be appointed to investigate member's concerns.
- g) The Club is a non-profit-distributing organisation. The income and property of the Club shall be applied solely towards promoting the Club's objectives as set forth in this Constitution. No portion shall be paid or transferred, directly or indirectly, to the Members of the Club.

THIS ISSUE (8/2008) OF THE CONSTITUTION WAS ADOPTED

ON 13th MARCH 2008

Signed

Signed

Name

Name

CLUB CHAIRMAN

CLUB SECRETARY