



## NANTWICH RUNNING CLUB

### Member Code Of Conduct

Members of Nantwich Running Club come together to participate and enjoy their common interest in running and exercise. Group running sessions are an opportunity to meet others for a chatty run. Members of Nantwich Running Club are the Ambassadors of the Club. They must always represent and uphold the values of the Club when training or competing on its behalf.

This Code of Conduct acts as a reminder of the standards of behaviour which we are all expected to share and uphold. Members are expected to recognise that the organised activities of the club depend on the time and efforts of many volunteers who give a significant amount of their time for the benefit of the club.

Whilst representing the Club, members, or their guests, are expected to:

- Take responsibility for their own safety and not compromise the safety of others.
- Behave with respect to other members of the Club, other runners, and members of the public.
- Behave in accordance with the Welfare Policy of the Club.
- Respect and comply with the rules and regulations of competitions in which they may participate or act as a volunteer.
- Not publish defamatory comments or material (See Note 1 below) or behave in a manner that may bring the club into disrepute.
- Follow the Complaints Procedure if, at any time, they have cause for concern for the welfare, safety or behaviour of others.
- Runners should be age 16 or above to participate in training sessions on the road or cross country.
- On all training sessions when dark, members should wear Hi Viz fluorescent/reflective clothing to ensure they can be clearly seen. On training nights and when competing in races for the Club, runners should not wear headphones, for safety and communication with others. The use of head torches or body torches is recommended.
- Comments made verbally, on our social media pages e.g. Spond, Facebook, Twitter, Instagram and/or on our website should not be abusive, offensive, or derogatory. Moderators reserve the right to delete such posts and exclude the author. The Club recognises that many runners make use of social media in a personal capacity. While they are not acting on behalf of the Club, members must be aware that they could risk damaging our reputation if such comments or views are not appropriate. All members are therefore required to only publish comments that are appropriate and respectful. Failure to do so may result in disciplinary action up to and including termination of membership.

(Note 1) Material is defamatory if it falsely makes a statement or claim that gives a negative or inferior view. The material is published when it is communicated to someone other than the person described. This can be done in several different ways; for example, a member might loudly accuse another of something in a public place where others are present or make statements on social media platform or in a newsletter or an on-line bulletin board.