



Cheddar Running Club

Code of Conduct - members

Overview

Cheddar Running Club is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all.

All members, coaches, leaders and officials associated with the club should show respect and understanding for the safety and welfare of others at all times.

Safeguarding is everybody's responsibility. Members are encouraged to share any concerns or complaints that they may have about any aspect of the club with our Welfare Officers or other members of the club committee.

Welfare Officers and club officials are listed on the Committee page of the Cheddar Running Club website.

✓ When you apply for club membership, and/or when you renew that membership, we require confirmation that you have read and agree to follow this Code of Conduct.

General Conduct

As a responsible member of Cheddar Running Club, you are required to:

- Maintain awareness of club policies* and rules, and adhere to them.
- Treat everyone equitably and respect the rights of others - regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Recognise the contribution made by club coaches, leaders, helpers and officials who are all volunteers. Listen to their advice; they have the group's best interests in mind.

- Participate within the rules of the sport and do not condone rule violations.
- Challenge inappropriate behaviour and language by others – including ANY acts of violence, bullying, harassment and physical and sexual abuse.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others.
- Maintain appropriate friendship/intimacy boundaries between with a coach or official.
- Act ethically, professionally and with integrity, and take responsibility for your actions.
- If you have agreed to attend an event, keep to agreed timings for training and events – or inform the club organiser/coordinator if you're going to be late.

During Club Sessions & Events:

- We ask ALL runners to wear a visible ICE band or tag* (ICE is explained in the Notes below).
- Inform your coach or run leader if you have any significant medical issue which may lead to problems during the session or event.
- If you need to clear your nose or to spit do so well away from other runners and do not spit on a running track.
- Be realistic when returning from illness or injury and let someone know if you're struggling.
- Be aware your coach or run leader will take note of numbers in the group so if you need to leave the session early you must inform the run leader (otherwise we may be concerned and spend time searching for you).
- When running as part of a group, we encourage you to run ahead to an agreed muster point and loop back at regular intervals or when requested to by the group leader – we need the run group to stay together!
- Respect pedestrians and other path/road users. Give way to others when necessary
- Respect private land, close gates after passing through them and run in single file along footpaths so as not to damage crops.
- Warn other runners around you of impending hazards, pedestrians, brambles, obstructions etc.

- Ensure you are running safely at all times and keep to the pavement / route as directed by the run leader.
- Look after the other runners within your training group. If someone is struggling make sure that they are not left on their own or inform your run leader.
- Everyone is encouraged to enjoy sport and we all need to understand that people have different motivations for taking part.
- Well-behaved dogs **may be** accepted on club runs (but not at track sessions) at the organisers discretion. Owners must be in control of their dog at all times; carry adequate poo bags; clear up after their dog; and provide water in hot weather.

Club Officials (Leaders, Coaches & Events Volunteers)

As a responsible club official or volunteer you will:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play).
- Where applicable, hold appropriate valid qualifications and insurance cover.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Encourage participants to value their performances and not just results.

Compliance with this Code of Conduct and our Constitution will help keep club participants safe and protect the environments that we run in. Failure to comply could result in disciplinary measures being taken against you (as outlined in our grievance and disciplinary policy process).

If you need to report a problem or are unhappy with something that has happened at a club event, please report this to the club Welfare Officer or another member of the club committee (all contact details are on our website). Thank you

In Case of Emergency - ICE Data

Carrying ICE and relevant health data is a key way we can all help first responders in the rare event of a medical incident where you are incapacitated.

You nominate who you want to be contacted in such an emergency – and state their contact number.

Health data may help Emergency Services deal with your specific medical needs much faster.

Club Policies

Our policies are based on templates from UKA and are available from our website: [Home > Club Policies](#).