



**NORTH HERTS
ROAD RUNNERS**

Code of conduct for adult members

NORTH HERTS ROAD RUNNERS

NHRR is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members, coaches, committee members and, where applicable, family members associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any welfare-related concerns or complaints that they may have with David Weston or Anna Greetham (Welfare Officers).

As a member of NHRR, you are expected to abide by the following code of conduct:

- Take responsibility in ensuring you are up to date with the club rules, understand and adhere to them.
- Respect the rights, dignity and worth of all members and participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Recognise the valuable contribution made by coaches and officials who are usually volunteers. They give their time and resources to provide opportunities for you.
- Be a positive role model, treat other athletes, officials and the public with the same level of respect you would expect to be shown to you. Members also respect public property and public with animals when we share the same spaces.
- Act with dignity and display courtesy and good manners towards others.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others. Acts of violence, bullying, harassment, physical and sexual abuse whether online through social media or in person will not be tolerated. Acts constituting a potential crime will be reported.
- Never engage in any inappropriate, illegal behaviour or destructive behaviour and leave athletics venues as you find them.
- Challenge inappropriate behaviour and language by others. If you prefer contact the Welfare Officer.
- Wear suitable kit for training and club kit when representing the club in an event.
- Pay any fees for membership or events promptly.
- Encourage everyone to enjoy sport and understand that people have different motivations for taking part.
- Report any accidental injury, distress, misunderstanding or misinterpretation to your club Welfare Officer as soon as possible.
- Report any suspected misconduct by coaches, committee members or other people involved in athletics to the club Welfare Officer (or Chair in the case of misconduct by the Welfare Officer) as soon as possible.
- Use social media (including the forum) responsibly in order to let others know about social runs, events, races and other running related information. Be supportive and encouraging of others.

A failure to abide by these rules could result in a member's membership being terminated.