



**NORTH HERTS  
ROAD RUNNERS**

## **North Herts Road Runners**

### **Code of Conduct for Senior Athletes (Aged 18 and Over)**

#### **Introduction**

North Herts Road Runners (NHRR) is fully committed to safeguarding and promoting the wellbeing of all its members, ensuring a positive and enjoyable experience for all. The club believes that members, coaches, committee members and where applicable, family members associated with the club should always show respect and understanding for the safety and welfare of others.

You are encouraged to be open at all times and to share any welfare related concerns or complaints you may have with the Club Welfare Officers.

As a member of NHRR, you are expected to abide by the following Code of Conduct.

#### **Respect and Inclusion**

- Respect the rights of every athlete, coach, official and others involved in athletics and treat everyone equitably.
- Uphold the same sporting values away from sport as you do when engaged in athletics.
- Act with dignity, displaying courtesy and good manners towards others.
- Never undermine, put down, or belittle other athletes, coaches or practitioners.
- Challenge and report inappropriate behaviour and language by others.
- Support an environment free from discrimination, bullying, harassment or abuse based on age, gender, race, disability, sexual orientation, religion or any other protected characteristic.

#### **Behaviour and Conduct**

- Participate within the rules of the sport and respect decisions of coaches and officials.
- Cooperate fully with others involved in the sport such as coaches, officials, team managers, medical and support staff in your best interests and those of other athletes.
- Avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when part of a team or squad.
- Never engage in inappropriate or illegal behaviour.
- Act ethically, professionally and with integrity and take responsibility for your actions.

#### **Health, Safety and Welfare**

- Abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures.
- Abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures.
- Anticipate and be responsible for your own needs, including being organised, having the appropriate equipment and being on time.
- Inform your coach of any other coaching that you are seeking or receiving.



## **NORTH HERTS ROAD RUNNERS**

- Not carry or consume alcohol or illegal substances while training or competing.
- Use safe transport or travel arrangements.
- We strongly advise that adults are never alone in a car with a young athlete (under 18), regardless of parental consent.

### **Equipment and Venues**

- Do not misuse or abuse sporting equipment and venues.

### **Online and Social Media Conduct**

- Communicate respectfully and responsibly in all club related online and social media interactions.
- Avoid posting or sharing content that could be harmful, offensive, or damaging to the club or its members.
- Understand that your online behaviour reflects on the club and its members.
- Avoid any form of cyberbullying, harassment or inappropriate digital communication.

### **Welfare Officer Training and Safeguarding Standard**

North Herts Road Runners' Welfare Officers, Tom Kingham and Caroline Thrussell, have completed all required safeguarding training as mandated by UK Athletics and England Athletics and hold valid DBS certificates. They are available to support and advise members confidentially.

NHRR complies with the England Athletics Safeguarding Standard 2025, ensuring all policies and procedures are up to date and safeguarding is a priority at all levels of club activity.

### **Reporting Concerns**

If you have any safeguarding concerns or complaints, please contact the Welfare Officers at [welfarehrr@gmail.com](mailto:welfarehrr@gmail.com). All concerns will be treated confidentially and handled promptly in line with safeguarding procedures.

### **Breaches of the Code**

We all have a responsibility to maintain a respectful and safe environment for everyone in the club.

If a decision is made about you under this code of conduct, you will always have the opportunity to appeal and share your perspective.

Please note, failure to follow this code may result in:

- Being asked to apologise.
- Receiving warnings from coaches or the club committee.
- Suspension from club training or activities.
- Suspension or termination of club membership.



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Serious breaches may be referred to UK Athletics or external agencies in accordance with safeguarding and disciplinary procedures.

**Review**

This Code of Conduct was last reviewed on 18/09/2025 and will be reviewed regularly to ensure ongoing relevance and compliance with UK Athletics policies.

**Declaration**

- I confirm that I have read and understood the Code of Conduct.
- I confirm that I agree to abide by the Code of Conduct as a condition of my membership with North Herts Road Runners.

Name: \_\_\_\_\_

Date: \_\_\_\_\_