



As a member of Riviera Racers you are expected to adhere to the following Code of Conduct at all times.

### Code of Conduct

As a member of Riviera Racers Road and Trail Club, you are expected to adhere to the following Code of Conduct at all times. Failure to do so may result in a member being asked to leave a training session and / or further investigation and disciplinary action in accordance with The Club's Constitution and Grievance & Disciplinary Policy.

1. Ensure that you arrive on time to training sessions and in a motivated fashion.
2. Listen to the route briefing and any additional instructions given by your coach/leader with your full attention.
3. Come prepared with the correct clothing / footwear including your Riviera Racers vest / shirt. Your coach/leader may refuse you permission to run if they deem it unsafe when considering the clothing that you are wearing.
4. Wear a high-visibility bib / jacket when running in dark conditions. Members will be notified by the Club at the times of year when hi-vis clothing is compulsory.
5. Some of our training sessions will involve running on unlit pathways or trails, so please bring a suitable headtorch when dark. Members will be notified in advance if a particular route requires the use of headtorches.
6. Carry your Riviera Racers membership card with you at all times when running with the Club. The card has your In Case of Emergency (ICE) contact numbers on it, which may be used in the event of an accident or emergency. If you require a replacement card or there is a change to your ICE details, please notify the Membership Secretary as soon as possible.
7. Ensure that you are well / fit enough to take part in the training session. Any relevant illness or injury should be brought to the attention of your coach/ leader who may at their discretion advise you not to train, or in exceptional circumstances refuse to allow you to train.
8. Please select a training session / ability group appropriate for your pace and fitness level. If in any doubt please discuss with the coach / leader.
9. On occasions it may be necessary to deviate from the advertised training options and reorganise / split groups or adapt the session (for example if there is an unusually high or low turn-out of members, or other unforeseen circumstances). If this occurs please be patient and understanding, as it is being done to ensure the session is safe and enjoyable for all participants.
10. Stay with your group at all times. If you decide to break away from the group, or to leave the session early, ensure you notify your coach / leader.
11. Do not place yourself or others in danger as a result of your own actions. Failure to adhere to the instructions of the coach / leader, or acting in a manner likely to cause accident or injury can result in the termination of the training session. The coach / leader's decision will be final.

12. Ensure that your belongings are safe, the Club cannot be held responsible for the theft or damage of your items.
13. Training sessions may occasionally be cancelled due to unsafe weather conditions, or other unforeseen circumstances. Please be understanding if this occurs. The Club will endeavour to inform all members and give as much notice as possible of cancelled sessions.
14. Please show respect to your coach / leader and fellow Club members at all times. Any member using aggressive or discriminatory language or behaviour will be asked to leave the group and be subject to further disciplinary action which could include having membership revoked.
15. Any bad language or aggression aimed at members of the public during training sessions will result in dismissal from the Club with immediate effect.
16. Ensure you use the Riviera Racers members forums on social media in an appropriate way. These forums are for Club information or other running / race information of interest to Club members. Language should be polite and respectful at all times, remembering that Riviera Racers is an inclusive Club open to and to all amateur runners, regardless of gender, ethnicity, nationality, sexual orientation, religion, or disability (except as a necessary consequence of the requirements of athletics as a particular sport). Any language or content that is offensive or discriminatory will be removed. Any members using the forums in an inappropriate way will be removed with immediate effect and may be subject to further disciplinary action.
17. If you have any concerns then please discuss them with your coach / leader in a polite and respectful way, or if this is not appropriate to do so then please report your concerns in writing to the Committee.
18. When you wear Riviera Racers kit even if you are not running with the Club, you are representing Riviera Racers, therefore any reports of wrong-doing will be fully investigated and any appropriate disciplinary action taken.
19. When you run with Riviera Racers as a member or a non-member, you do so at your own risk and understand that the Club or its insurance will not be held responsible for injury to yourself, another Club member, the public, or damage to public / private property as a result of your own actions.