

Riviera Racers

Code of Conduct



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As a member of Riviera Racers Road and Trail Club [the 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. By completing the membership form you are agreeing to abide by these Codes.

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Section 1: General - All Members

As a responsible athlete, I will:

1. abide by the [UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures](#)
2. respect the rights of every member, run leader, technical official and others involved in the Club and treat everyone equitably
3. abide by the Club anti-bullying and harassment policy
4. participate within the rules of the sport, respect decisions of run leaders and officials, and demonstrate respect towards fellow athletes
5. cooperate fully with others involved in the sport such as coaches, technical officials, and representatives of the governing body in my best interests and those of other members
6. act with dignity and display courtesy and good manners towards others
7. in no way undermine, put down or belittle other members, run leaders or practitioners
8. use the Riviera Racers members forums on social media, including Whatsapp, 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.

9. discuss any concerns with the run leader in a polite and respectful way, or if this is not appropriate to do so, report them concerns in writing to the Committee.
10. Be mindful that wearing Riviera Racers kit even if not running with the Club, will be representing Riviera Racers, therefore any reports of wrong-doing will be fully investigated and any appropriate disciplinary action taken.
11. run with the Club as a member or a non-member, at my own risk and understand that the Club or its insurance will not be held responsible for injury to myself, another Club member, the public, or damage to public / private property as a result of my own actions
12. avoid abusive language whilst on Club runs, at club functions and events, or when as part of a team/squad
13. never engage in any inappropriate or illegal behaviour
14. challenge and report inappropriate behaviour and language by others
15. use safe transport or travel arrangements
16. act ethically and with integrity, and take responsibility for my actions.

Section 2: On Club Runs

As a responsible member I will:

17. ensure that I arrive on time to training sessions and in a motivated fashion.
18. listen to the route briefing and any additional instructions given by the run leader with my full attention.
19. come prepared with the correct clothing/footwear including my Riviera Racers vest/shirt if taking part in a race or Club Championship event.
20. be mindful that my run leader may refuse me permission to run if they deem it unsafe when considering the clothing that I am wearing.
21. 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.
22. Bring a suitable headtorch then dark. Some of training sessions will involve running on unlit pathways or trails and Members will be notified in advance if a particular route requires the use of headtorches.
23. Carry my Riviera Racers membership card with me at all times when running with the Club. The card has In Case of Emergency (ICE) contact numbers on it, which may be used in the event of an accident or emergency. If I require a replacement card or there is a change to my ICE details, I will notify the Membership Secretary as soon as possible.
24. ensure that I am well/fit enough to take part in the training session. Any relevant illness or injury should be brought to the attention of the run leader who may at their discretion advise me not to train, or in exceptional circumstances refuse to allow me to train.
25. select a training session/ability group appropriate for my pace and fitness level. If in any doubt I will discuss with the run leader.
26. 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 I will be patient and understanding, as it is being done to ensure the session is safe and enjoyable for all participants.

27. stay with my group at all times. If I decide to break away from the group, or to leave the session early, I will ensure I notify the run leader.
28. not place myself or others in danger because of my own actions. Failure to adhere to the instructions of the run leader, or acting in a manner likely to cause accident or injury can result in the termination of the training session. The run leader's decision will be final.
29. ensure that my belongings are safe, the Club cannot be held responsible for the theft or damage of my items.
30. Training sessions may occasionally be cancelled due to unsafe weather conditions, or other unforeseen circumstances. I will be understanding if this occurs. The Club will endeavour to inform all members and give as much notice as possible of cancelled sessions.
31. show respect to the run 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.
32. Any bad language or aggression aimed at members of the public during training sessions will result in dismissal from the Club with immediate effect.

Section 3: Run Leaders

As a responsible volunteer, I will:

33. ensure that where my role requires, I have obtained an acceptable criminal record check (DBS) (Access to particular roles will be denied to anyone who does not have an acceptable criminal record check or who refuses to share the certificate with UKA or the HCAF when required)
34. ensure that activities I arrange or support are appropriate for the age, maturity, experience and ability of the individuals involved
35. cooperate fully with others involved in the sport such as coaches, technical officials, team managers and representatives of the governing body
36. in no way undermine, put down or belittle other officials, members, run leaders or practitioners
37. follow the relevant guidance on social media use and not post on social media any content which is inappropriate or offensive
38. avoid abusive language and irresponsible or illegal behaviour, including behaviour that is dangerous to me or others, acts of violence, bullying, harassment and physical and sexual abuse
39. challenge inappropriate behaviour and language by others and report any suspected misconduct by other run leaders or members to the club, HCAF/UKA Safeguarding Team as soon as possible
40. volunteer my time without discrimination on grounds of age, gender, sexual, cultural, ethnic, disability or religious preference
41. respect the rights, dignity and worth of every person and treat everyone equally, regardless of background or ability
42. report any accidental injury, distress, misunderstanding or misinterpretation to the Club Welfare Officer as soon as possible
43. never exert undue influence to obtain personal benefit or reward
44. develop healthy and appropriate working relationships with athletes and other volunteers based on mutual trust and respect, especially with who are adults at risk

Section 4: BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended from the club
- be required to leave the club.