**Code of Conduct**

This document sets out the behaviour expected of club members, volunteers and participants in club activities and details the role of the welfare officer(s).

**Club Members**

As a small club the success of Pace Running Club is dependent on the active participation of all our members. The club is run and managed by a small committee of volunteers, and we ask all members to support the committee and get involved where possible. The following code of conduct is mainly ‘common sense’ but we encourage all members to read this and adopt these principles. As a responsible club member, you will:

* Respect the rights, dignity and worth of all club members, committee members, coaches, and treat everyone equally.
* Not attend running sessions if you are displaying covid symptoms or recently tested positive for covid or are required to quarantine for any other reason.
* Anticipate and be responsible for your own needs including being organised, having the appropriate equipment, and turning up on time to club sessions and events.
* Ensure that payment of annual membership fees is made promptly and that track/training fees are paid before the start of the session.
* Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances.
* Always thank the coaches and officials who enable you to participate in athletics.
* Cooperate fully with others involved in the sport such as coaches, officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of yourself and other athletes.
* Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment, and physical and sexual abuse.
* Report to the appropriate persons/s inappropriate behaviour or language by others.
* Never engage in any inappropriate or illegal behaviour.
* Avoid destructive behaviour and leave athletics venues as you find them.
* Not carry or consume alcohol to excess and/or illegal substances.
* Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used during your athletics activity.
* When taking part in training sessions, away from the track, always inform another member if you are not returning to the designated final meeting point.
* Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information.
* Report any accidental injury, distress, misunderstanding or misinterpretation to your coach as soon as possible.
* Report any suspected misconduct by coaches or other people involved in athletics to the club officials as soon as possible.
* Do not slander or post negative comments on any social media site or be involved in any activity that would be seen negative or detrimental to the success of the club. All feedback should be directed by email to the club secretary.
* Ensure you abide by all other rules of the club such as health and safety (available on request)

**Running Group Participants**

As a participant in any club-led running group (including ‘Couch to 5k’) you will:

* Listen to your run leader.
* Not divert from planned routes without the knowledge and consent of the run leader.
* Be honest about your ability. Take note of any recommendations given to you by run leaders about which group is right for you and change groups when appropriate.
* Inform your run leader if you have any injury, illness or long-term medical condition that may affect your running. We recommend that you carry In Case of Emergency (ICE) details on your person.
* Anticipate and be responsible for your own needs. Be organised, on time, and have appropriate clothing and equipment. If it’s dark, wear something bright – hi vis or reflective.
* Look after the other runners within your group. If someone is struggling, make sure that they are not left on their own or inform your run leader.
* Be responsible for your own safety and the safety of others. Warn other runners around you of impending hazards.
* Respect and acknowledge other road and footpath users. Be courteous and run-in single file where appropriate. Close gates after passing through.
* Not leave a session without first informing your run leader.

 **Using the track**

* The slower you are relative to others using the track, the higher number lane you should use. Walkers and those who are doing their [cooldown](https://www.verywellfit.com/what-is-a-cool-down-3495457) should move to the outermost lanes (lanes 7 and 8).
* The typical direction for most tracks is counterclockwise, but it can vary. This rule helps prevent collisions between runners.
* On Occasions the Coaches may use alternate directions daily or weekly so runners who use the track frequently don't get a lopsided workout so keep yourself aware of running direction.
* Never stand on the track.
* Track etiquette generally calls for runners to pass others on the right when running and athletics should always glance over their shoulder to ensure a faster runner isn’t approaching.
* Always keep a safe distance back from the runner in front so as not to make contact
* When wearing any harmful kit, such as spikes, take extra caution not to hurt a fellow runner.

**Club coaches**

* Deal, with confidentiality, matters that may arise related to athletes and have an understanding and appropriate manner to deal with such matters.
* Be responsible for the promotion of codes of conduct to members.
* Keep a written record of any Major incidents that you witness, or are involved in, especially where vulnerable adults are involved.
* Provide advice on the development of activities for all members within the club/organisation.
* Never embarrass or undermine any individual athlete
* Recognise the difference between poor practice according to club rules and matters that would be seen as common assault or police matters.