



BRENTWOOD RUNNING CLUB

Members Conduct and Best Practice

Thrift Green Trotters is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents 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 concerns or complaints that they may have about any aspect of the club with the Welfare Officers, who can be contacted by email through the Club website. All members are expected to follow the code of conduct and follow the best practice set out below.

Code of Conduct

1. Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally, regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity
2. Cooperate fully with others within the club, and respect officials and their decisions
3. 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
4. Pay any membership fees promptly
5. Wear suitable kit for training and competition. This includes wearing a hi-viz vest or something light or bright when running on roads at night

Best Practice

1. During a session do not run ahead of the group leader, who will maintain the pace of the group, as advertised at the start. Group members should only run ahead of the leader when they are told to do so as part of the session. If you feel that the pace or structure of the group is not for you, then move up or down a group, as appropriate
2. Do not run in the road when traffic is passing. It may be preferable to run in the road where the surface can be better than the pavement, but when you hear the cry 'car behind', you must return to the pavement
3. Inform the Group Leader if you are leaving the group during a session for whatever reason. If you become detached and are unable to tell the Group leader or another member of the group, inform the Brentwood Centre or Group Leader as soon as possible afterwards that you are ok

Coaches & Group Leaders Conduct & Best Practice

Code of Conduct

1. Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally, regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity
2. Place the welfare and safety of the athlete above the development of performance
3. Be appropriately qualified including obtaining DBS clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence
4. Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
5. At the outset, clarify with athletes (and, where appropriate, with parents or carers) exactly what is that is expected of them and what athletes are entitled to expect from you
6. Co-operate fully with others within the club and those involved in the sport such as technical officials, other coaches, doctors, physiotherapists and representatives of the governing body in the best interests of the athlete
7. 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
8. Encourage and guide athletes to accept responsibility for their own performance and behaviour
9. Develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults
10. Do not exert undue influence to obtain personal benefit or reward
11. Strictly maintain a clear boundary between friendship and intimacy with athletes and do not conduct inappropriate relationships with athletes. In particular, you **MUST NOT** allow an intimate personal relationship to develop between yourself and any athlete aged under 18 years

Responsibilities

1. The group leader is in charge of the whole group, and responsible for its welfare when out running. Their decision is final, and if they are not present that responsibility falls to the co- leader
2. A group leader has the authority to stop a runner joining the group if they believe it is not safe for the individual or the group as a whole. This includes not wearing the correct attire, particularly at night when runners must wear a hi-viz vest or something light or bright when running on roads (see below)
3. If any concerns are raised within the group that cannot be resolved by the group leader, then they must refer it to the club coach for it to be resolved as amicably as possible. Any serious issue or misconduct within a group would be referred to the club committee to deal with accordingly

4. If a group leader is unable to take a group out, they should arrange for their co-leader to take their group or inform the club coach so that alternative arrangements can be made
5. All members with appropriate qualifications (CiRFs, LiRFs) should be ready and available to step in and take a group at short notice in the absence of a group leader

Best Practice

All coaches and group leaders are expected to adhere to the following, where possible, when taking out a group of runners:

1. Group leaders should clearly state during announcements what the pace, distance and nature of the run is, and then stand in a prominent position at the meeting point
2. Group leaders should ensure all members are fit and able to take part in the session. This includes wearing appropriate clothing, and the group leader has the right to refuse to take out someone not properly dressed, in particular not wearing hi-viz clothing at night
3. All members of a group should go out together and return together. Warm up and cool down sessions, where deemed appropriate, should be conducted with all members present
4. Group leaders must ensure that they have a mobile phone with them and that it holds the number of the Brentwood Centre where an emergency contact list is maintained
5. If a member is unable to complete a session through injury or illness, the group leader must arrange for someone to accompany that person back to base
6. No runner should be left detached at the back of a group, and it should be regular practice to return to the last runner. This should be the case in every group, so that when members wish to transition up a group, they feel they are not left behind to struggle alone. Co-leaders could run at the back of a group to help keep it together
7. The group leader should maintain the pace of the group, as advertised at the start. Group members should only run ahead of the leader when they are told to so as part of the session. If a runner feels that the pace of the group is not fast enough, they should be encouraged to move up a group. The group leader should ask a runner to leave the group if they are not prepared to run at the group pace
8. If the Group Leader believes that it would benefit a member if they moved to a different group, they should discuss that with the member concerned
9. Group leaders should ensure that runners should not run in the road when traffic is passing. It may be preferable to run in the road where the surface can be better than the pavement, but when they hear the cry 'car behind', runners must return to the pavement

Group Leader Name:

Signature:

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Date:

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