



BRENTWOOD RUNNING CLUB

Members Conduct and Best Practice

Brentwood Running Club 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 Officer, who can be contacted by email through the Club website. All members are expected to follow the code of conduct and 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.