



Grantham Running Club

Code of Conduct

Document Owner: Chairman
Version No. 1.0

Contents

Introduction	3
1. Code of Conduct for Grantham Running Club	4
2. Code of Conduct for Athletes	5
3. Code of Conduct for Coaches & Run Leaders	6
4. Code of Conduct for Committee Members	7

Introduction

The principle aim of Grantham Running Club is for all members to enjoy participating in the sport in a safe and inclusive environment.

As a member of the club you are expected to agree to the code of conduct as an athlete, coach, run leader, technical official or a member of the committee.

All members of the club should feel welcomed, equally treated and safe whilst participating in club activities.

The code of conduct is applicable to all members of the club participating in any club activity, including representing the club at events.

1. Code of Conduct for Grantham Running Club

As a responsible athletics club GRC will:

- Adopt English Athletics welfare policies and procedures and adhere to the codes of conduct in relation to athlete's welfare.
- Appoint two Welfare Officers, one male and one female, and ensure that they are provided with appropriate training to act as a first point of contact for concerns about welfare issues.
- Ensure that all coaches, run leaders, and volunteers hold the appropriate qualifications as stipulated by UK Athletics (UKA) or the Association of Running Clubs (ARC). Ensure that coaches, technical officials, and club officers have access to recommended training in welfare and safeguarding vulnerable adults.
- Liaise appropriately with officials, coaches, national governing bodies, and other relevant people/organisations to ensure that good practice is maintained.
- Treat all members equally and fairly, respect individual differences, always act responsibly and set a good example to others.
- Ensure a range of training sessions are available and appropriate for the development of all athletes, regardless of ability.
- Consistently promote positive aspects of the sport, such as fair play, and never condone rule violations or the use of prohibited substances.
- Challenge inappropriate behaviour by others.
- Place the welfare and safety of the athlete above other considerations including the development of performance.
- Report any suspected misconduct by club officials, coaches, technical officials, members, or others involved in athletics to a club's, welfare officer.

2. Code of Conduct for Athletes

As a responsible athlete you shall:

- Treat every athlete and others involved in athletics equally and with respect.
- Show patience with others and respect diversity and ability.
- Be courteous and respect fellow members, coaches, competitors, and officials when participating in club activity, representing the club at events or when communicating via social media.
- Display high standards of conduct and behaviour during training and when participating in events.
- Endeavour to wear an official club top when competing in races. This is not compulsory, except where the rules of the event explicitly state that club vests/tops must be worn. Club kit is not expected at training sessions or parkrun, but can be worn if members wish to do so.
- Ensure appropriate clothing is worn at training sessions including suitable running shoes, high-visibility clothing during autumn/winter evening training sessions and head torches where a run is marked as a 'head torch run'. High visibility clothing is not required at track sessions.
- Not leave a training session without first informing the run leader or coach.
- Observe and promote the correct etiquette at all times when using the track.
- Consistently promote positive aspects of the sport, including fair play, and never condone rule violations or the use of prohibited substances.
- Accept responsibility for your own performance and behaviour.
- Anticipate and be responsible for your own needs, being organised, having the appropriate equipment, and being on time for training sessions and events.
- Avoid abusive language and behaviour that is dangerous to yourself or others.
- Treat racing and training venues with respect.
- Report any injury, incident, misunderstanding, or misconduct to the club Welfare Officer.

3. Code of Conduct for Coaches & Run Leaders

As a responsible athletics coach/run leader you shall

- Treat every athlete and others involved in athletics equally and with respect.
- Place the welfare and safety of the athlete above the development of performance.
- Hold appropriate and valid qualifications, licence, and DBS checks where required and update these when required by UKA/ARC.
- Ensure that activities you lead are appropriate for the ability of the group or individual athlete.
- Display high standards of conduct and behaviour.
- Try to observe a recommended maximum ratio of 1 coach/run leader to 12 athletes at a training session or work in partnership with another coach/coaching assistant/experienced club member where this is not possible.
- Consistently promote positive aspects of the sport, including fair play, and never condone rule violations or the use of prohibited substances.
- Encourage and guide athletes to accept responsibility for their own performance and behaviour.
- Develop appropriate working relationships with athletes based on mutual trust and respect.
- Do not exert undue influence to obtain personal benefit or reward.

4. Code of Conduct for Committee Members

As a committee member you shall:

- Treat every club member equally and with respect, and always consider the welfare of the club's members above success.
- Promote the values, aims, rules and regulations of our club by acting as its ambassador, and presenting it, and its members, in a positive light.
- Positively contribute to the work of the committee by attending meetings, where appropriate, and completing agreed actions.
- Reach decisions by consensus and make them based on benefit to the club and its members, not for individual interest or gain.
- Respect the contribution and opinion of other committee members, despite personal difference.
- Declare any conflicts of interest and, if necessary, abstain when required to vote on a matter.
- Be open to feedback from members and respond appropriately.
- Respect equipment and resources of the club.
- Always look for opportunities for improved performance of the club operations and committee function.
- Communicate appropriately both internally and externally, including via social media.

Version Control

Date	Whom	Version	Comments	Committee Meeting Date
05/05/2021	Andrew Pask	0.9	Issued for review and agreement by the committee	10/05/2021
10/05/2021	Gordon Geach	1.0	Committee signed off policy	10/05/2021

Policy Sign-off:

Role	Name	Signature	Date
Chairman	Andrew Pask		10/05/2021
Vice Chairman	Michelle Parczuk		10/05/2021