Members Code of Conduct

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Policy Review and Distribution

This policy will be reviewed annually and amended as appropriate.

The policy will be published on the Wymondham AC website. A copy will also be available on request by members. The policy is specifically mentioned on the Wymondham AC website so that members can read it.

1. Introduction

1. This Code of Conduct states the expectations for members of Wymondham Athletic Club (WAC), and provides guidance on the club's representation and reputation. This document compliments, but does not supersede, current UK Athletics guidance of

the conduct of affiliated amateur athletes. The Code of Conduct applies to all members of the club, and by becoming a paid member of WAC, the individual agrees to observe and abide by the code of conduct.

2. Any breach of this policy may result in disciplinary action being taken, as per the club's Grievance and Disciplinary Procedure. If members wish to make a complaint concerning the conduct of a member, in the first instance they should speak to the Club Chairman or the Club Secretary.

2. Expectations of Members

2.1 As a member of WAC, and an amateur athlete as defined by UK Athletics, individuals are expected to:

- Be responsible for their own behaviour, actions, and performance in training and in competition.

- Treat others with fairness and respect, showing patience and respecting diversity.

- Act in a dignified manner and not bring the sport or the club into disrepute.

- Avoid abusive language, and irresponsible behaviour, including that which is dangerous to yourself and others. This could include acts of violence, bullying, harassment, and physical or sexual abuse.

- Not engage in any activities that could bring the reputation of the club into disrepute.

3. Expectations of members at WAC-organised training sessions (including group specific activities)

3.1 During organised training sessions members are expected to:

- Arrive on time ready for the session, wearing appropriate clothing to the level of light outside, and the weather conditions. When appropriate, it is essential that reflective high visibility clothing is worn.

- Act in a friendly, helpful, and welcoming manner towards new members and to each other.

- To join a group appropriate to their ability, based on pacing boundaries set by the coaches.

- Make suitable arrangements for hydration and nutrition during and after training, as suited to your needs and the conditions.

- Accept responsibility for their own behaviour, actions, and performance in training.

- Inform their coach of any medical conditions or medication currently being taken, as well as any important information should an emergency occur. It is each member's

responsibility to ensure they are fit to run by seeking medical advice before running, and having regular health checks with their GP or Doctor.

- Respect and maintain club owned equipment, and not undertake any acts of vandalism or theft.

- On distance run sessions, keep to the route set on the night. This ensures you are insured under the club's insurance with UK Athletics.

- Do not run alone – always run with a friend, other member, or in a group. Should you need to leave a session you must notify the run leader or coach of your group.

- When running, it is best practice to call out to other runners if there is a hazard (including pedestrians, cyclists, road traffic, wheelie bins etc)

- Respect the rights of others on your running route (e.g. members of the public). During almost all activities we do not have right-of-way.

- Safety over speed! Stop at all road/rail junctions and use designated crossings, in case of unseen vehicles, cyclists or pedestrians.

- If possible, take a mobile phone with you, in case of an emergency.

- Do not wear headphones during training sessions. This includes bone conducting headphones. We run on open roads and through public spaces and it is imperative you can hear the instructions from your coaches and run leader.

4. Expectations of members at Races, representing WAC

4.1 When attending races members are expected to:

- Wear your club vest when participating in races as an affiliated member of the club (defined as a race which is UKA or ARC Permitted).

- Assist race organisers and race officials in any capacity that is required.

- Observe and comply with any rules put in place by the event organisers.

- Listen to and comply with marshal directions at all times.

- Observe and comply with the UKA or other relevant Rules for Competition when competing in races.

- Not act in a manner that brings the reputation of the club into disrepute.

- Refrain from engaging in any acts of verbal or physical abuse/aggression towards other race participants, marshals, or spectators either before, during, or after a race.

- Cheating – The club expects its members to participate in races in a manner which is in the spirit of road running. With this in mind – any member found to be cheating in a

race (and as a result is deemed to be cheating and has action taken against them by the race organisers or UK Athletics) may face disciplinary action from the club, as it brings the club into disrepute.

5. Expectations of Coaches

5.1 In delivering training sessions on behalf of WAC:

- All coaches will be accredited to at least 'Leadership in Running Fitness (LiRF)' level, and maintain responsibility for ensuring this is renewed on expiration.

- Coaches will plan and deliver sessions to the groups that they coach (with groups defined by the coaches based on pacing), accounting for all levels of fitness across the club.

- Coaches will treat everyone who is participating in a coached session with dignity and respect, irrespective of their gender, age, ethnic origin, religion, sexual orientation, disability or political persuasions.

- Take into account the conditions in which the session will take place (i.e. location, weather) and take an informed decision about if it is safe for the session to take place.

- Coaches and club members will treat each other with mutual trust and respect.

- Respect and maintain club owned equipment, and not undertake any acts of vandalism or theft.

6. Expectations of Committee Members

6.1 All members of the Committee are expected to:

- Act in a manner which is representative of the club and its members.

- Uphold the reputation of the club at all times.

- Act in a manner which is fair and consistent towards all club members, regardless of their ability, gender, age, ethnic origin, religion, sexual orientation, disability or political persuasions.

- Not undertake any activities from which the member will directly benefit from (financial or otherwise).

- Enact, and conduct club business in line with the Club's Constitution, Code of Conduct, and Grievance & Disciplinary Procedure.

7. Use of Social Media by WAC members

7.1 The club recognises the positive impact social media has within the club, and the wider running community. However, members should observe the following:

- Members must, at all times, uphold the reputation of the club or the sport whenever posting about, or making reference to, the club and its activities on public platforms such as Twitter (X), Facebook, Instagram, any running forums, or media outlets.

- Members must, at all times, act with dignity and respect towards members of the club on closed-group platforms such as WhatsApp and Facebook Messenger, irrespective of their gender, age, ethic origin, religion, sexual orientation, disability or political persuasions.

- Be sure to not make any remarks (directly or indirectly) towards members, coaches and/or committee members that are capable of being considered discriminatory, abusive, intimidating and/or harassing in nature.

- Be sure to not make any remarks (directly or indirectly) towards other clubs or their members that are capable of being considered discriminatory, abusive, intimidating or harassing in nature.

- Make inappropriate comments and/or remarks that have the potential to cause offence.

- Utilise club social media channels for the promotion of goods and/or services from which individuals would benefit.

- Anyone found in breach of these rules may be banned from using these (club) channels and may have disciplinary action taken against them. Administration of official club channels (e.g. Facebook Group) on Social Media is the responsibility of the Committee. The Committee reserves the right to remove any posts that, in their opinion, are in breach of the rules given above.

- Any request for information from media organisations should be directed to the Committee, and not answered or commented on by members.

This policy has been agreed by the WAC Committee on 17/09/2019 & las update is 21/09/2026

Changelog

Date	Change Made	Author	New version no.
17-9-2019	1st version	Mark Banfield	1.0
2024	2nd version	AA	2.0
21/09/2026	3rd Version	Claire Brown	3.0