



DH Runners

Members Code of Conduct

DH Runners was founded in 2012 to provide an opportunity for like-minded runners to exercise together in a friendly and supportive environment. Today, our founding principles still apply. We exist to bring people together with a common interest; nothing more and nothing less. We are fully committed to:

- Safeguarding and promoting the wellbeing of all our members, ensuring a positive and enjoyable experience for all.
- Promoting equality and diversity and valuing every individual, regardless of age, disability, gender, sexual orientation, gender identity, race, religion or belief.

We believe that it is important that members, run leaders and committee members associated with the club should, always, show respect and understanding for the safety and welfare of others. Members are encouraged to be open at all times and to share any concerns that they may have about any aspect of the club with the Welfare Officer or appropriate committee member.

As a member of DH RUNNERS, you are expected to abide by the following code of conduct:

1. Take responsibility in ensuring you are up to date with the code of conduct, understand and adhere to it.
2. Respect your run leaders and always follow their instructions. They are all volunteers (giving up their free time and sacrificing their own run). The club runs couldn't go ahead without them. They will have planned routes/training especially for you so give them a big thumbs up.
3. Be nice to your fellow club members whether you are running, Facebooking or socialising. Respect each others' differences and abilities. Ensure any comments made on Club communication channels, whether verbally or via social media, are not abusive or offensive or derogatory. The administrators reserve the right to delete these types of posts and exclude the author from further postings. The Club also recognises that many runners make use of social media in a personal capacity. Therefore, members must be aware that they could damage our reputation or create a negative / diminished view of the club if their comments are not appropriate. The committee reserve the right to request any member to delete their posts. Bullying will not be tolerated.
4. Be a positive role model, treat other members with the same level of respect you would expect to be shown to you. Be supportive of other clubs and their

achievements, many are achieving great things and have runners just like you.

5. Listen to the run brief and club announcements when attending club sessions. Listen and respect run leaders and take equal responsibility for ensuring runners are not left behind and always run back if instructed. Eg. Please don't run in front of a run leader if they are leading the running session on a Thursday and regroup if/when asked to do so.
6. Be responsible for your own safety, and warn others of hazards, if you think they may be at risk. Use official road crossings wherever possible, all roads and road junctions should be approached with caution and should only be crossed when safe to do so. Do not follow other runners across the road blindly; ensure that you carry out your own checks before crossing.
7. Respect and acknowledge other road and footpath users and give way to others when necessary. Be aware of what's around you, run single file if you have to, slow down if you have to, and please give a smile and a thank you to anyone who stops or moves out of the way for you.
8. Wear appropriate clothing and footwear for running at club sessions. Our sessions are often in the dark. We recommend all runners to wear High Visibility/Reflective clothing and LED lights after sunset. We need to see and be seen. (If deemed appropriate, run leaders reserve the right to provide you with a high visibility bib to wear to ensure you are more visible on the darker months).
9. Inform your run leader if you have any injury, illness or long term medical condition that may affect your running.
10. Be aware of the other runners in your group and understand that people have different motivations for taking part. Encourage and support each other and stop to assist or slow down if you need to.
11. Play by race rules, whether it's a UKA, FRA, Club Championship or an independent race, you must abide by the organiser's rules. If you break the rules you could lead the club and yourself into disrepute. **DON'T SWAP RACE NUMBERS** without the organiser's permission.
12. The minimum permissible age is 16. If the runner is aged between 16 – 18 they must be accompanied by an adult during the session.
13. If anyone, or anything has concerned you.... don't keep it to yourself. Speak to an appropriate club member eg. Welfare office, Committee Member, or a run leader.
14. An individual may be subject to the disciplinary procedure as detailed in the club constitution should they fail to adhere to the DH Members Code of Conduct or act or behave in a manner that might bring the Club into disrepute.

15. Make life simple for your Committee – pay your dues on time, fill in any surveys, give us feedback, volunteer, and above all...Have Fun!

DH Runners Disclaimer

- **Each runner must accept full and complete liability for their actions.** We take seriously any complaints or allegations made and will investigate, challenge and, where necessary invoke the England Athletics disciplinary procedure.
- All runners should consider the club to be an informal gathering of people who will run together in a loosely structured format.
- The club is operated and managed by a group of volunteers in their free time who can't accept any responsibility for any events that occur at the club. These volunteers may or may not have taken any training/coaching.
- Whilst our volunteers and members are happy to share experience and knowledge as part of a friendly community, this should in no way be considered professional advice.
- We are a collective and we welcome and respect every runner regardless of speed, but it is your responsibility to decide whether you are fit and able to run. If you have any medical conditions that could affect you, it's your responsibility to make the club aware of these and carry with you any medication that you may require during the session.
- If you feel dizzy, faint, or unwell during a session, it's your responsibility to stop exercising and to notify other runners of your situation.
- If you stop mid-session, we ask you to notify the session leader before going home or heading back.
- Volunteer leading the session reserves the right to refuse your participation in the club session.
- Dogs and headphones are not permitted at any of our club sessions.
- Any matters of concern should be directed to the committee (Lindsay_graham@talktalk.net)
- The Committee/Run Leaders reserve the right to cancel runs at short notice for safety reasons e.g. adverse weather conditions.
- DH Runners may use photographs and video footage uploaded to our Facebook site to share on social media and in other media. If you do not wish for this to happen, please contact a member of the committee.