

HASTINGS RUNNERS ATHLETES CODE OF CONDUCT

- Please treat others with the same respect and fairness that you wish to receive
- Uphold the same values away from running as you do when engaged in athletics, road running and cross country
- Make yourself aware of Club rules, and all related policies and guidance. In particular see <http://www.hastingsrunners.co.uk/a-guide-to-road-running-etiquette/>
- Anticipate your own needs, be organised and on time
- Be appreciative towards those who help you participate in athletics, road running and cross country, whether it be family, coaches, fellow runners, officials or other volunteers
- Show patience with and respect for differences in gender, ability, culture, race, ethnicity and religious beliefs between yourself and others
- Act with dignity at all times
- Do not respond if someone seeks private information, unrelated to running, eg home life
- Use safe transport or travel arrangements
- Do not use illegal or performance enhancing drugs
- Act with good behaviour at all times when travelling by coach, staying in hotels or at competition venues and comply with any additional conduct requirements applicable to a particular trip. Any damage caused, other than by accident, by club members will have to be paid for by those responsible
- Be aware that any serious breaches of the Code of Conduct could result in disciplinary action, including a temporary ban or cancellation of Club membership
- Don't take valuable items to training venues or on trips, as the club can't take responsibility for loss of personal property
- Don't be afraid to challenge anyone whose behaviour falls below the expected standards of Hastings Runners, and if necessary report this to the coach/coaches on duty
- Speak out immediately if anything makes you feel concerned or uncomfortable during a training session. If you are a junior, then tell your parents/guardian and/or the Club's Child Protection Officer; or if you suspect that another club member has suffered from misconduct by someone else
- For more information relating to the Club's rules and procedures, and who to contact in incidents of misconduct or bad practice please see www.hastingsrunners.co.uk