

WEST HULL LADIES RUNNING CLUB

RULES/SAFETY

1. The name of the Club shall be West Hull Ladies Running Club.
2. The Club colours are Teal and Navy. Members who enter a competitive meeting as a West Hull Lady must wear a club vest/t shirt. This is a requirement of UK Athletics.
3. Membership is open to any lady aged 16 years and over who is an amateur as defined by UK Athletics. Each prospective member may train for 3-4 sessions prior to taking out membership.
4. London Marathon Club Place(s) are only available to Full Club Members who have entered the London Ballot without success. The complete rules are detailed on our website: <http://www.westhullladies.org.uk/londonmarathon.htm>
5. We are committed to providing a safe, supportive and friendly environment for all our members, who are expected to treat each other with courtesy and respect. We follow guidance provided by England Athletics including their *Code of Conduct for Athletes, Antibullying Policy and Safeguarding Adults Policy and Guidance*. The comprehensive list of policies and guidance can be found at <https://www.englandathletics.org/resources/category/club-welfare/>
6. The Club Committee shall have the power to expel a member when, in their opinion, it would not be in the interests of the Club for them to remain a member. A member expelled may appeal within 21 days to the Committee. At the disciplinary hearing, two thirds of the committee must vote for the expulsion for it to be carried out.
7. Training always starts from the Club unless otherwise stated. Training on a Monday, Wednesday and Friday starts 6.15pm. Every effort will be made for a training officer to be present, but this cannot be guaranteed.
8. Prior to leaving the Club premises on a training night, each member should be aware of what other members are doing for that night's training. No member should run alone. Best practice dictates that ladies should not run in groups of less than three for safety reasons. However, it is appreciated that this is not always feasible, but every effort should be made to ensure this happens. No member should train unless they are fit and well to do so.
9. Routes shall be planned to avoid unlit roads at night during hours of darkness. Routes passing along roads without footpaths shall be avoided wherever possible and when this is not possible (on quiet roads), runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited.

10. Members should ensure that on dark nights they adhere to the Highway Code and wear high visibility clothing. Members have a responsibility to do their best to prevent harm to themselves, running partners and members of the public. As members they should acknowledge that they owe a duty of care to not wilfully injure themselves or others by negligent acts or omissions.

11. Dogs are not allowed to accompany members on Club runs as this makes us non-compliant with England Athletic's public liability insurance.

12. The Club relies on its members to report any problems encountered whilst running on training routes; for example, dangerous running styles, damaged pavements, potholes, poor visibility etc.

13. All Club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members. Consideration should be given to others, and common sense used. Members should be aware of the advice available through running magazines and other sources on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport. Advice should be sought from experts and professional practitioners outside the running club as appropriate.

14. All members of the Club declare themselves medically fit to run at their own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury. As appropriate, members should request regular check-ups with their General Practitioner. Members with any medical conditions agree, where appropriate, to carry with them the relevant details of the condition and their name, address and emergency phone number contact details. Voluntary disclosure of medical conditions shall be the responsibility of the individual member or their carer in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate.

15. Any incidents should be reported to a Club committee member for future reference, and for making known to all club members when appropriate.

16. Everyone should have a good time and enjoy their running.