



## West Hull Ladies Running Club

### Club Rules and Code of Conduct

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 should, whenever possible, wear a club vest/t shirt.
3. Membership is open to any woman aged 18 years and over who is an amateur as defined by UK Athletics. Each prospective member may train for 4 sessions prior to taking out membership.
4. All members must take responsibility in ensuring they are up to date with all club policies, understand and adhere to them.
5. All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
6. Members should recognise the valuable contribution made by coaches, volunteers and officials as they give their time and resources for you.
7. All members must respect officials and publicly accept their decisions.
8. All members should be a positive role model, treat other athletes and officials with the same level of respect you would expect to be shown to you.
9. London Marathon Club Place(s) are only available to first claim members who have entered the London Ballot without success. The complete rules are detailed on our website: <http://www.westhullladies.org.uk/londonmarathon.htm>
10. 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, Antbullying Policy and Safeguarding Adults Policy and Guidance.
11. 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. Two thirds of the committee must vote for the expulsion for it to be carried out.
12. No member should train unless they are fit and well to do so, including not being under the adverse influence of alcohol or drugs.
13. 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. The club encourages members to carry with them details of an emergency contact in the event of an incident.
14. Dogs are not allowed to accompany members on Club runs.
15. Any incidents should be reported to a Club committee member, and for making known to all club members when appropriate.

## **Code of conduct for club officials and volunteers**

### **All volunteers must:**

1. Ensure that the athletes' health, welfare and safety are the primary consideration in everything we do. Treat everyone involved in the club with dignity and respect regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
2. Make sure all activities are appropriate to the age, ability and experience of those taking part.
3. Promote the positive aspects of the sport (e.g., fair play).
4. Display consistently high standards of behaviour– you are representing the club.
5. Follow all guidelines laid down by the National Governing Body and the Club.
6. Hold appropriate valid qualifications and insurance cover.
7. Never exert undue influence over performers to obtain personal benefit or reward.
8. Encourage and guide participants to accept responsibility for their own performance and behaviour.
9. Encourage participants to value their performances and not just results.

April 2023

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