

Code of Conduct

All members shall:

- Abide by the Club Rules and the Code of Conduct and rules laid down by UK Athletics (UKA), England Athletics (EA) and The British Triathlon Federation (BTF);
- Act with dignity and display courtesy and manners towards others;
- Uphold the Clubs' good name and reputation, both inside and outside of Club activities, and conduct themselves in an appropriate manner;
- Report any grievances or complaints to a Committee member or Welfare Officer;
- Avoid abusive language and irresponsible behaviour including behaviour that is dangerous to themselves or others, acts of violence, bullying, harassment and physical and sexual abuse;
- Challenge inappropriate behaviour and language by others;
- Never engage in any inappropriate behaviour or illegal behaviour;
- Not cause any damage to and keep clean and tidy all facilities used for club purposes;
- Only train within their abilities and levels of fitness, taking care to warm-up adequately;
- Ensure good time management, so as not to delay the start times of club sessions
- Adhere to any rules of any facility used for the purposes of the Club;
- Use club online forums and groups in a respectful way and to support other Members.
- Adhere to the directions and group structure outlined by the run leader at the start of a club run and follow instructions during the run;
- Always loop back to support other runners on club runs;
- Wear reflective or light-coloured clothing during evening and night sessions;
- Carry extra warm/dry clothing to put on following a session, when appropriate;
- Respect the rules of public highways.