



Club Rules

Solent Running Sisters aims to be a friendly and inclusive club and to enable safe running.

1. All members undertake to:

- a. Pay membership fees promptly.
- b. Report any issues they are concerned about to either the person leading the session or to the Club's Welfare Officer as appropriate.
- c. Remember that they are representing Solent Running Sisters when participating in running events and Club activities. We expect members to respect their fellow Running Sisters, supporting our aim to be friendly and inclusive.
- d. Keep the Club informed of changes in contact details e.g. change of address and in case-of-emergency (ICE) details.
- e. Abide by Solent Running Sisters relevant Codes of Conduct

2. All members taking part in any activity organised by Solent Running Sisters undertake to:

- a. Follow the instructions provided by the person leading the activity.
- b. Arrive on time so that they are present for safety briefings.
- c. Have their in-case-of-emergency (ICE) number on their person. We suggest that this is a shoe tag or wrist band.
- d. Ensure that they are clearly visible. This can be done by clothing or accessories, and it is key to safety.
- e. Not wear headphones whilst taking part in Club activities.
- f. Brief the person leading the activity about any issue that may impact their personal safety whilst undertaking that activity and/or that of any other member of the group.
- g. If a member has been given medical advice with regards to running, Solent Running Sisters strongly advise that the member follows that advice.
- h. The person leading the activity may ask a member not to participate in the activity if they feel that the member's safety and/or that of the group may be compromised. Members are asked to respect this decision if this circumstance arises.
- i. Understand that they are undertaking the activity at their own risk. Solent Running Sisters are not liable for any risk to their person or property.
- j. If the member opts to leave before the activity is complete, they must inform the person leading.

3. Solent Running Sisters encourage members to:

- a. Wear our Club kit when participating in races and events.
- b. Register their membership of Solent Running Sisters on race entry forms.
- c. Check their email or the Facebook group page before travelling to a training session or event to check that it has not been cancelled.

4. Leaders and Coaches

- a. All training sessions will be led by a qualified member of the Club who holds the current England Athletics Leader in Running Fitness qualification or Coach in Running Fitness qualification and a first aid certificate.
- a. All training sessions will be run according to advice provided by England Athletics within the content of the courses Leader in Running Fitness or Coach in Running Fitness.



- b. Report any concerns about a session to either the Lead Coach or Welfare Officer as appropriate. Escalate any concerns communicated by a participating member to the Welfare Officer if appropriate and in confidence.
- c. If a training session or event organised by the Club has to be cancelled (e.g. due to extreme weather), notification should be given to members as early as possible. This can be done by sending a group email and posting on the group Facebook page.

5. Solent Running Sisters has a social media presence. Members who use the group email system and the club Facebook group undertake to:

- a. Respect other members and to maintain the reputation of the Club. Any member found to be acting in a way that is disrespectful to another member or the Club may have their access to social media channels run by the Club revoked.
- a. The Facebook group may be used to publicise non-running activities by members provided it is done in an appropriate way. It is great to read about projects – but please bear in mind that if this is abused, posts will be deleted by admins. Heavy advertising is not acceptable.
- b. Members may use the Facebook page to find running buddies to join them on runs. These are not runs organised by the Club.
- c. Where runs are organised by the Club, they will be one or more of:
 - i. Our regular weekly runs, advertised on our website and other media channels as being regular training sessions.
 - ii. One off event, set up on our Facebook group page as a Club event and listed on our online calendar.
- d. The email system should only be used for Club and running purposes.