

# GOSPORT ROAD RUNNERS Club Code of Conduct

---

For the safety and continued enjoyment of Club members, Gosport Road Runners has a code of conduct that members are expected to follow.

1. Treat others with the same respect and fairness that you wish to receive. We operate zero tolerance regarding bullying and anti social behaviour towards other members and the members of the public. Failure to act in accordance with the code of conduct will lead to disciplinary action and will result in suspension or permanent dismissal from the club.
2. When using the facilities at our HQ, members should be aware of children being present, and ensure they dress appropriately and do not use language likely to upset or corrupt.
3. Comments made verbally, on our social media pages – Facebook, Twitter and/or website should not be abusive, offensive or derogatory and that if they are, the moderators reserve the right to delete these types of postings and exclude the author. The Club recognises that many runners make use of social media in a personal capacity. While they are not acting on behalf of the Gosport Road Runners, members must be aware that they could risk damaging our reputation if these are not appropriate. All members are therefore requested to ensure that they continue to recognise and respect this.
4. Runners should be age 18 or above to participate in training sessions on the road or cross country.
5. On training nights, members should cease talking when Club announcements are made.
6. On training nights, all members should take equal responsibility to ensure the safety of each other especially during the winter months. Be honest about your ability. If the group that you are in is too fast or too slow then consider changing groups at the next session.
7. On all training nights when dark, members should wear reflective or other suitable clothing to ensure they can be clearly seen. It is also advisable to carry a torch.
8. On training nights and when competing in races for the Club, runners should not wear 'in-ear' headphones, for safety and communication with others. Bone Conducting headphones are permitted to be worn.
9. All members will follow the Highway Code while training and not take unnecessary risks with traffic. Respect pedestrians and other road users. Give way to others when necessary. Warn other runners around you of impending hazards, pedestrians etc.
10. All members are encouraged to marshal or assist with the Gosport Half Marathon which the Club organises and hosts each year.
11. When competing in all HRRL and X-Country races for the Club, runners should wear a Gosport Road Runners Club vest or T Shirt.

**If unsure ask for advice.**