

LBRR Member Code of Conduct

Foreword

LBRR is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members, administrators and parents associated with the club always show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the Welfare Officer.

As a responsible athlete you will:

- All members must take responsibility in ensuring they are up to date with rules, understand and adhere to them.
- Respect the rights, dignity and worth of every member and others involved in running or walking and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when on.
- All members must respect officials and publicly accept their decisions.
- Bullying of any sort will not be tolerated. Encourage everyone to enjoy sport and understand that people have different motivations for taking part.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances.
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time.
- Follow “The Highway Code” when road running (this includes night running wearing reflective clothing and head torches).
- Follow “The Country Code” whilst off road running.
- Any member dog owners will be fully responsible for their dogs at all times whilst at all club activities.

As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Challenge inappropriate behaviour and language by others.
- Never engage in any inappropriate or illegal behaviour.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity.