

# **BENSON STRIDERS** **("the Club")**

## **CLUB RULES**

### **1. SUBSCRIPTIONS**

1.1 Annual subscriptions shall be as follows:

<b>Type of member</b>	<b>Fee</b>
Full adult member	£ 20
Junior (U18)	£ 10

1.2 Applications for Junior membership (14 years or over and under 18 years) will be accepted only if accompanied in all Club activities by a member who is the parent or guardian.

1.3 The level of subscriptions should be reviewed annually at the Club's Annual General Meeting and are to be paid by 1 April of that year.

### **2. CLUB RUNNING TIMES**

2.1 Usual weekly runs will take place at 8.15am on Saturday mornings starting from Benson Village Hall car park.

2.2 There will be a Club Night on Wednesday evenings from 7:30pm starting from Benson Village Hall car park. The start time may vary depending on the time of year.

2.3 Potential new members will be allowed *one session* free of charge, after which they may decide whether or not to join the Club.

### **3. BEGINNERS COURSE**

The Club will aim to arrange a 9 week Couch to 5k course for beginners once a year.

### **4. OTHER CLUB SESSIONS**

4.1 The Club may organise other athletic sessions from time to time such as circuit training, 'club runs' and additional coaching.

4.2 Social events are organised for all members from time to time throughout the year.

### **5. COMPETITIONS**

5.1 The Committee will aim to publicise and support local events.

5.2 Members who are interested in competitions will be encouraged to enter events as members of the Club, or as individuals representing the Club, according to the rules of each event.

- 5.3 Any member using the Club's affiliation number to enter an event should be a fully paid member and must wear a club top. Unless a member is raising money for charity, then wearing of the club top is waived.

## **6. DRESS**

- 6.1 For all events in which a Club team is entered, members of the team must wear Club colours wherever possible (red tops with white trim).

## **7. CLUB KIT**

- 7.1 The Committee shall be responsible, as far as is practicable, for ensuring that Club tops are available for purchase by members.

## **8. PAYMENTS BY MEMBERS**

- 8.1 The Committee accepts no responsibility for any payment made by members for Club services unless documentary evidence exists for that payment, including the member's name, the amount paid, the reason for the payment and the date of payment.

## **9. FINANCES**

- 9.1 Any requests for payments or re-imburements of monies must be made in writing to the Treasurer with appropriate receipts or other evidence. The Treasurer is responsible for accounting for the income and expenditure of the Club and for administration of the Club bank account. All cheques paid out must be signed by two Club Officers (Chairman, Vice Chairman, Treasurer).

## **10. HEALTH & SAFETY**

- 10.1 The Club shall appoint a Committee Member specifically responsible for Safety and Risk Assessment. This shall be the Welfare Officer. Any safety issues should be brought to the attention of the Welfare Officer (or any other Committee member if the Welfare Officer is unavailable) for the appropriate action to be taken. The Club will seek to be aware of any members that have First Aid qualification in case of emergency. A list of current first aiders will be published in the monthly newsletter.
- 10.2 All members will provide contact details in case of an emergency and details of any medical conditions. The Club will provide each member with an ICE tag which must be worn whilst running with the Club.

## **11. ROAD SAFETY**

- 11.1 During Club activities it is incumbent on all members to show due care, consideration and courtesy to other road users to ensure our mutual safety. These principles also extend to consideration for private property when using public rights-of-way in off-road running. During Club activities all members are expected to wear reflective tops when out running on the roads during the hours of darkness. (The Club will provide reflective tops on loan for those members who forget). Also any members who are responsible for other members by leading or co-leading groups during the hours of darkness must lead by example and wear a reflective top.

- 11.2 When running during the hours of darkness, group leaders must plan routes which are well-lit and where there are pavements along most of the route.
- 11.3 When running on roads, runners should normally face oncoming traffic. On sharp right-hand bends it is recommended to cross over well before the bend (when safe to do so), and return to face oncoming traffic after the bend.
- 11.4 The use of headphones is discouraged on on-road training runs and prohibited in on-road competitive events.

**12. LOSS/DAMAGE**

- 12.1 The Committee accepts no responsibility for any loss, damage, accident or injury suffered as a result of participating in any Club activities.