

CODE OF CONDUCT

1. Membership Eligibility

Benson Striders welcomes all new members, subject to Committee approval. The Club and its membership doesn't discriminate on grounds of:

- (a) race, colour or ethnic origin;
- (b) gender;
- (c) ability;
- (d) age: applications for Junior Membership (14 years or over but under 18 years) must be accompanied in all Club activities by a member who is also the parent or guardian.

2. Club Organisation

Benson Striders Running Club operates using democratic process with the following features:

- (a) a Club Committee democratically elected annually;
- (b) an Annual General Meeting;
- (c) published Club Rules and Constitution;
- (d) provision of a democratic forum whereby issues and complaints can be raised and addressed. Resolution of such matters shall be in accordance with the published Club Rules and Constitution.

3. Club Primary Objectives

Benson Striders Running Club promotes an interest in running (as its primary objective) and related events for the residents of the village and surrounding districts, with the following key goals:

- (a) to foster a spirit of fellowship and mutual encouragement between Members of the Club;
- (b) to organise weekly runs/training sessions suitable for the needs of the membership;
- (c) to promote a friendly atmosphere with an active social calendar;
- (d) to provide opportunities for Members to participate in organised events;
- (e) to promote safety and consideration in the conduct of Club activities.

4. Conduct of Each Member

To behave in a manner which is considerate to fellow Club Members, the public at large and the positive promotion of the Club, including:

- (a) to register with the club representative on arrival;
- (b) to inform the jog leader of any injuries or medical issues before the start of the run;
- (c) to take part in any warm up session prior to the start of a run;
- (d) to select the most appropriate distance group, according to ability;
- (e) to run within sight of the jog leader and loop back to the main group if ahead of the other runners;
- (f) act in a safe and responsible way with consideration for other road users, particularly with regard to safety and the wearing of visible clothing where appropriate;
- (g) to recognise and adhere to, boundaries dictated by both Public Rights of Way and private property;

- (h) to encourage and aid fellow Members, whether of lesser ability or in need of assistance;
- (i) when participating in organised events, approved by UKA, either as an individual or as a Team Member, to wear Club colours where possible.