



Leighton Fun Runners

Accepted Customs and Practice

LEIGHTON FUN RUNNERS

General Overview

This document outlines the accepted custom and practice used to ensure the day to day smooth running of the LFR running club. It is a living document reflecting the latest agreed practices of the club.

This document is not a replacement for the club constitution, in any conflict between the constitution and this document, the constitution takes precedence

Modifications

This document can only be altered as a consequence of minuted agreement from the committee, but any member can email secretary@leightonfunrunners.org.uk with suggested alterations.

Junior attendees attending club nights

All club members bringing juniors (under 16) to the club must be aware of the LFR Child protection policy.

It is permissible for juniors (under 16) to attend a club meeting and participate in a club event if they are under the direct supervision of a designated adult (within arms reach). This adult should ideally be the parent or guardian but can be an adult specifically designated by the parent or guardian.

The designated adult must remain with the minor at all times and cannot pass this responsibility onto another club member nor leave the minor unsupervised.

Under no circumstances is it acceptable for the “The Club” to designate an adult to supervise a junior who has turned up to run with the club.

Cross Country Championship

The Club runs a championship league where the events are defined by the 3 Counties XC league.

Prizes are awarded for the 3 top performing men and 3 top performing ladies over all qualifying races. The first man/lady home scores 10 points with the number of points decrementing for each subsequent finishing place. All attendees receive a minimum of 1 point for attending (this is also true for volunteering at our own event).

All paid up members (full or XC) qualify for the championship there is no distinction drawn between first or second claim.

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London Marathon Ballot

Every year the club is allocated a number of London Marathon places. Allocation of these places is made in a public ballot, which any qualifying member may enter.

Definition of a qualifying member:

- The member must be a paid up (full or XC) and MUST have a valid paid up EA membership which is affiliated to LFR
- The member must NOT have won a place in the previous year
- The member must raise sponsorship money for the nominated charity (min of £150)
- The member must pay for their allocated place.
- Members who cannot run through injury MUST defer their place. It is expected that the member will then pay for their deferred place and raise funds for the nominated charity the following year.
- The member MUST be able to produce evidence that they were rejected from the London Marathon public ballot.
- Any ballot places awarded as a consequence of marshalling at the previous London Marathon is only open to those people who marshalled in that year. It is still expected that the ballot winner raises at least £150 for the club charity.

Club Awards

It is the intent of the club to support, assist and recognise personal achievement/contribution.

On occasion the Committee may on its own initiative, choose to recognise outstanding personal achievement or contribution; this recognition may take whichever form the committee deems appropriate. This recognition should in no way be accepted by club members as a precedent where automatic recognition should be expected for personal achievements/contributions.

Club Benefits

Club benefits are only applicable to fully paid up club members.

Joining the Club

New joiners are allowed a grace period of 3 weeks or 3 runs with the club ,whichever happens first, before they are expected to join. The LFR committee delegate responsibility for day to day approval of new members to the Membership Secretary and withhold the right to take this approval back as outlined in the constitution

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Wearing Club Kit

The club makes many formal appearances in public at races and organised events such as handing over the charity cheque to the yearly charity, the Queen's Birthday Run, Cross Country series of races, regular organised races, invite nights and so on, to name a few. On such occasions the club expects that those attending the event who are already in possession of Club clothing, to wear these club colours. The Club colours are an important unifying part of being in a club and, like other clubs, we consider it an important part of helping members feel part of the team as it forms part of our identity. Members of the committee may choose to point this clause out from time to time, or in advance of a Club event.

It is accepted that runners undertake races and events privately and often representing charity and in such instances they would not be expected to wear Club colours.

Social Media

The Club operates on the internet and currently has a website, an external Facebook page, a closed internal Facebook members group, a Twitter and also a Flickr account. Globally speaking the Club expects these resources to be used in the spirit of which they were created, which is to best reflect the Club to the outside world, to facilitate the operation of the Club and in the case of the closed Facebook group, to serve as a tool for all members to communicate on all running related matters and make personal logistical arrangements.

Social Media Operational Policy:

It is expected that all users of Club Social Media will conduct themselves in a proper and sensible way, respecting the other members of the Club and in such a way as to not bring the Club into disrepute, not harass or upset other members, or compromise the ability or the effectiveness of the Committee to run the Club.

The Committee reserves the right to remove members' posts in any of the Club's social media if they find them to be in breach of the above policy. Continued abuse of the Club social media channels will result in sanctions being taken against the member.

Safe Running Guidelines

Responsibility:

Members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group. Keep an eye out for new members particularly. Above all, use common sense and give consideration to fellow runners and other pavement users.

Familiarise yourself with the Club's 'Guidelines for dealing with an incident/accident' on the website.

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Medical Conditions:

Where appropriate, members with any medical condition should carry with them relevant details of the condition and their name, address and emergency contact details.

Individuals may voluntarily disclose medical conditions to the run leader where they consider it is sensible to do so. Anyone with concerns about taking part in exercising with the Club should contact their GP first.

Headphones:

Please do not wear headphones when taking part in club runs.

Clothing:

Do wear appropriate clothing for the time of year and appropriate running shoes for the terrain. When running in the dark, wear head or body torches and make yourself highly visible by wearing bright clothing with reflective strips or illuminated bands.

Staying Together:

When running as a group, each group should endeavour to stay together as much as possible. Depending on the type of run, a leader and back marker will be nominated. Whilst running the group should keep a watch out for and ensure that no one individual gets left behind. Regrouping should take place along the route where necessary. If anyone leaves the group during the run (eg. for a short cut home) they must inform the run leader.

First Aid Kit:

A basic first aid kit should be carried by run leaders where the risk of minor injuries is higher than usual, such as trail runs or in woodland.

Incidents:

Ideally one member of each group should carry a mobile phone. If someone needs to stop running, one member of the group should stay with them. Anyone injured or in difficulty should not be left unaccompanied unless it is necessary to do so (for example to get help). For serious injuries do not attempt to move the injured person unless their location is immediately life threatening. Call emergency services if needs be.

Complete the Club's incident/accident form found on the website in due course.