



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 Leighton Fun Runners (the Club). It is a living document reflecting the latest agreed practices of the Club.

This document is not a replacement for the Club constitution and 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 Club's 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 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 are able to enter.

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London Marathon Ballot

The Club may be allocated a London Marathon place (or places) based on guidelines issued by England Athletics. The Club may also be allocated a London Marathon place as a consequence of fielding a team of marshals at the event.

Allocation of these places is made in a Club ballot, which any eligible member may enter.

Refer to the London Marathon Ballot process on the Club's website for further detail and eligibility.

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 Committee delegates 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

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, Cross Country series of races, regular organised races, invite nights etc. On such occasions the Club expects that those attending the event who are already in possession of Club clothing, wear 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. The Committee may remind members of this requirement 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.

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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.

For further information refer to the Club's Social Media Policy and Code of Conduct.

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/trail users.

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

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.

Where a member seeks support from a Club coach, such as a training plan, the member should have first confirmed with their GP or consultant they are able to undertake the

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chosen distance if they have not done such a run before. The Coach should be notified accordingly along with any guidelines issued by a medical professional.

Headphones:

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 or back marker (if nominated). Remember that a large group of runners can look intimidating to members of the public – so please be aware of, and courteous to, others.

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.