

# Ely Runners Code of Conduct



## **Interaction with other members and runners**

Sporting, supportive and friendly but not familiar

## **Club Welfare Member**

Emma Greaves is available to discuss and resolve items of personal concern – [welfareofficer@elyrunners.co.uk](mailto:welfareofficer@elyrunners.co.uk)

## **Club loyalty**

Maintain the good reputation of the club at all times.

*Members are ordinarily expected to help out at a minimum of one open event per year.*

*Additionally, if you run in our own open event, as a condition of entry you must provide a substitute helper for that event.*

*Club events are staged by members for the benefit of members subject to sufficient helpers coming forward. We encourage you to run in as many club events as you can but also sometimes help.*

## **Training**

See Running Safety & Training at Night: see <http://elyrunners.co.uk/trainingatnight.htm>

Members attending night training should wear high visibility bibs or tops

## **Audio equipment with earphones**

These seriously inhibits the user from hearing traffic approaching from behind and warnings from others. Therefore such equipment should not be used during club training or any races.

## **Wearing of club race kit**

Members must wear club race vests in all club, league, championship and team events when entered as an Ely Runner.

## **Transfer of open race entries**

Members should not pass on or receive race entries and numbers unless the transfer is officially approved by the organisers. This is because unofficial transfers can cause:

- Serious delays and errors in the results and presentation of team and individual prizes to the detriment of the plus extra work and embarrassment to the organisers
- False results and grades on the TOPS and/ or Power of 10 ratings
- Complex medical emergency issues which could include erroneous treatment and notification to the wrong next-of-kin in the event of injury or death
- Risk of invalidated claims on event permit insurance

However, most races allow for entrants to officially transfer entries.

## **Comprehensive Code of Conduct – England Athletics**

[http://www.elyrunners.co.uk/England\\_Athletics\\_Code\\_of\\_Conduct.pdf](http://www.elyrunners.co.uk/England_Athletics_Code_of_Conduct.pdf)