



Code of Conduct

All Members

Norfolk Gazelles RC is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members, coaches, leaders and officials associated with the club should, at all times, show respect and understanding for the safety and welfare of others.

Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the club Welfare Officers or other members of the club committee.

Note: all current club officials are listed on the Norfolk Gazelles website.

As a responsible member of Norfolk Gazelles RC,

ALL runners will:

- Maintain awareness of club policies and rules and adhere to them, as published on the group's website.
- Display courtesy and good manners towards others regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Recognise the contribution made by club coaches, leaders, helpers and officials who are all volunteers. Listen to their advice; they have the best interests of the group in mind.
- Be a positive role model! Treat other runners and officials with the same level of respect you would expect to be shown to you.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others.
- Challenge inappropriate behaviour and language by others – including ANY acts of violence, bullying, harassment and physical and sexual abuse.
- If you are allocated to an event team, keep to agreed timings for training and competitions - or inform your team captain if you're going to be late.

During Training Sessions:

- Inform your coach or run leader if you have any significant medical issue which may lead to problems during the run.
- Be realistic when returning from illness or injury and let someone know if you're struggling.
- Be aware your coach or run leader will take note of numbers in the group so if you need to leave the session early you must inform the run leader (otherwise we may be concerned and spend time searching for you and alerting your emergency contacts)
- When road running we encourage you to run ahead to the agreed muster point but please loop back at regular intervals or when requested to by the group leader – we need the run group to stay 'loosely' together!
- Respect pedestrians and other path/road users. Give way to others when necessary



- Respect private land, close gates after passing through them and run in single file along footpaths.
- Warn other runners around you of impending hazards, pedestrians, brambles, obstructions etc.
- Ensure you are running safely at all times and keeping to the pavement / route as directed by the run leader.
- Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own or inform your run leader.
- Everyone is encouraged to enjoy sport and we all need to understand that people have different motivations for taking part.