



Safeguarding Code of Conduct

Alton Runners is committed to ensuring that all members can participate in club activities in an enjoyable and safe environment. As our membership grows and we attract new members of all ages we want to ensure that All members are entitled to a duty of care and to be protected from abuse and the club commits to the England Athletics (EA) safeguarding policies in their entirety.

This document outlines the club's approach, responsibilities and sets out the behaviour expected of club members, volunteers and participants in club activities and details the role of the welfare officer(s).

Club Members

Alton Runners is run and managed by a committee of volunteers and all members are asked to support the club. All members are expected to read and adopt the points contained in the Safeguarding Code of Conduct:

- Respect the rights, dignity and worth of all club members, committee members, run leaders, and treat everyone equally.
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment, and turning up on time to club sessions and events.
- Ensure that payment of annual membership fees and any additional session fees are made promptly.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or inappropriate substances.
- Always thank the run leaders and other volunteers who enable you to participate in the club's activities.
- Uphold the same values of sportsmanship off the field as you do when participating in club runs.
- Cooperate fully with others involved in the sport such as coaches, officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of yourself and other runners.
- Ensure when car sharing that members under the age of 18 are not left on their own with individual adults.
- Ensure all U18 members have written permission documentation to authorise the provision of lifts with other club members and group leaders, in line with the safeguarding policies and procedures

- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment, and physical and sexual abuse.
- Challenge inappropriate behaviour and language by others.
- Avoid destructive behaviour and leave running venues as you find them.
- All members of the club have responsibility to uphold the welfare policies and procedures, to adhere to good practice and to respond to any suspected breaches.
- Report any suspected misconduct by committee members, coaches, run leaders or other people involved in club activities to a welfare officer as soon as possible.
- If any member or individual associated with Alton Runners in any capacity, feels there have been breaches in the Alton Runners Safeguarding Codes of Conduct, they should discuss with one of the club's Welfare Officers. If the matter is not resolved, any individual involved at any level of the sport of athletics can raise concerns with England Athletics for investigation as outlined in the EA Whistleblowing policy.

Running Group Participants

As a participant in any club-led running group you will:

- Listen to your run leader.
- Not divert from planned routes without the knowledge and consent of the run leader.
- Be honest about your ability. Take note of any recommendations given to you by run leaders about which group is right for you and change groups when appropriate.
- Inform your run leader if you have any injury, illness, impairment or long-term medical condition that may affect your running. We recommend that you carry In Case of Emergency (ICE) details on your person.
- Anticipate and be responsible for your own needs. Be organised, on time, and have appropriate clothing and equipment. If it's dark, wear something bright – hi vis or reflective.
- Use head torches when advised by run leaders.
- Not use headphones.
- Not run too far off the front of a group. Loop back at regular intervals or when requested by your run leader.
- Look after the other runners within your group. If someone is struggling, make sure that they are not left on their own or inform your run leader.
- Be responsible for your own safety and the safety of others. Warn other runners around you of impending hazards.
- Respect and acknowledge other road and footpath users. Be courteous and run in single file where appropriate. Close gates after passing through.
- Not leave a session without first informing your run leader.

- We do not allow coaches or run leaders to work alone with members of the club.

Running Group Leaders

Responsible Run Leaders (LiRF) and Coaches (CiRF) will:

- Respect the rights, dignity and worth of every participant and treat everyone equally.
- Display courtesy and good manners towards others.
- Place the wellbeing, welfare, and safety of the athlete above the development of performance.
- Be appropriately qualified including obtaining Disclosure and Barring Service (DBS) clearance, updating licences and education and adhere to the terms of the licence.
- All running group leaders will have Safeguarding training, available through EA, and undertake refresher training every three years.
- Ensure that activities are appropriate for the experience and ability of the individual runners.
- At the outset clarify with the group exactly what it is that is expected of the runners and what they are entitled to expect from the group leader.
- Cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the runner.
- Encourage and guide runners to accept responsibility for their own performance and behaviour.
- Do not exert undue influence to obtain personal benefit or reward.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment, and physical and sexual abuse. Challenge inappropriate behaviour and language by others.
- Avoid critical language or actions, such as sarcasm which could undermine a runner's self-esteem.
- Report any suspected misconduct by other coaches or other people involved in runners to the Club, Regional or EA Welfare Officer as soon as possible.

Club Committee

To maintain and develop a vibrant club you can expect the committee to uphold the same values as the general membership. In addition, the committee will:

- Adopt national welfare policies and procedures, adhere to the codes of conduct, and respond to any suspected breaches in accordance with the welfare procedures.

- Ensure that the induction process for new members includes agreeing to the club's Safeguarding Code of Conduct.
- Appoint a welfare officer and ensure that they are provided with appropriate training to act as a first point of contact for concerns about welfare issues.
- Ensure that officers, coaches and run leaders hold the appropriate qualifications for their role and have undertaken the appropriate checks e.g. DBS checks.
- Ensure that contact details for the Club Welfare Officers are openly displayed on the club's website and via other communication channels used by the club.
- Promote an environment where all concerns can be raised without fear of victimisation or reprisal.
- The safeguarding policy will be actively promoted to club members and be published on the club's website.

The Welfare Officers will:

- Will support members with any safeguarding issues that may arise and will endeavour to help with their individual needs and well-being.
- Be responsible for the promotion of the club Safeguarding Code of Conduct to members.
- Support the registration of all personnel involved in activities with the club/organisation (DBS checks).
- Welfare Officers are responsible for ensuring the DBS/ self-certification register is kept up to date, including removing those who are no longer in their role or whose certification/ registration has expired.
- In line with EA guidance, the following club roles will all have DBS clearance:
 - England Athletics qualified Coaches (CiRF) and Leaders (LiRF).
 - Welfare Officers
 - Guide Runners
- All Welfare Officers will have Safeguarding training, available through EA, and undertake refresher training every three years