



Code of Conduct

Owner: Angela Dellar

Date Published: 01/09/19

Review Date: 22/10/25

Revision Number	Revision Date	Nature of Revision	By Whom	Approved By
1	Oct 21	Refer to Run Leaders (from coaches), change to three values in line with TRR member update video (be safe, be kind, give back) and add accept accountability	AD	AK
	Oct 22	Policy reviewed. No changes made.	AD	-
	Oct 23	Policy reviewed. No changes made.	AD	-
	Oct 24	Policy reviewed. No changes made.	AD	-
2	Oct 25	Policy reviewed. Revisions around high-vis (both fluorescent and reflective) required all year, early discussion of issues and accountability to be confident to complete a training session or drop down a group / not attend (e.g., Thursdays) for the benefit of the group	AD	

CLUB MEMBERS CODE OF CONDUCT

Tiptree Road Runners is fully committed to safeguarding and promoting the wellbeing of all its members and creating an active culture where enjoying being part of a supportive and inclusive running community is at the heart of everything we do. Therefore, all members are expected to behave in alignment with the code of conduct below to support the smooth running of club operations, enjoyment for all members and ease the load on our team of dedicated volunteers.

Be safe

- We operate a 'Safety First' culture at all times, ensuring the safety of ourselves and the wider group.
- When running on the roads, we respect the highway code and do not take unnecessary risks with traffic.
- High vis clothing (both fluorescent and reflective) is required all year with the addition of a running torch (head torch preferably) when advised by run leaders (RLs) / club notices.
- We do not leave training members behind in our running groups or leave the group without advising the RL.

Be kind [\(also see the EA Kindness Pledge\)](#)

- We treat one another respectfully and equally with civility and empathy.
- We are friendly, open and welcoming, fostering a sense of belonging.
- We extend encouragement and support to all TRR members, our groups, our RL team and the committee, fostering a sense of TRR as one club.
- We appreciate members points of view, even when different from our own.
- We don't swear or use abusive language when representing the club at training or events.
- We adhere to the social media policy and do not post any material that could be considered aggressive, antagonistic, discriminatory or derogatory.
- We respect committee decisions, asking for clarification if needed and working cooperatively with the committee and other members within the club.
- We show respect for residents, race officials and the decisions of race/event organisers when representing the club.

Give back

- We actively seek ways to contribute to the running of the club and wider running community, willingly volunteering our time and skills where we are able.

Take ownership

- We are each accountable for our behaviour, safety & actions.
- We notify our RL of any injury or medical conditions that might impact our running.
- We are confident we can complete a training session or move down a group(s) if needed.
- Where our repeated enjoyment of TRR is negatively impacted, we have a concern or hear of a concern from another member, we raise it early with a run leader, welfare officer or other committee member so it can be resolved quickly and constructively.
- We listen to club announcements and pay careful attention to our RL.
- We report breaches of this code or any club policy to our RL, welfare officer or other committee member immediately.
- We pay membership fees by 31st March and any other costs incurred by their due date.