

**Code of Conduct for Runners**

We believe that all runners at the club should be treated equally and fairly and should know what is expected of you from the club. This means that standards and guidelines are in place to ensure we get the best from our runners while representing the club. If you are serious about doing well and performing to the best of your ability listed below is our code of conduct.

This code of conduct will apply at training sessions, race meetings and social events.

Behave sensibly and with consideration for others at all times.

Do not behave aggressively, either verbally or physically to anyone. No sexual or racial harassment (intimidation or bullying.)

Do not swear or use obscene language or gestures.

Do promote a good image of Lawley RC & Telford

Do have fun and enjoy yourselves

Recognise the importance of team spirit congratulate and support fellow athletes

Learn and respect the rules do not disobey or argue with officials and coaches.

Our Lawley Running club vest or T-shirts should be worn for competition purposes.

Pay your training fees and annual subscriptions promptly.

Keep to the agreed times for training and competition make sure you are wearing the correct kit for training. T-shirt or vest shorts, a sweatshirt or tracksuit a pair of trainers, Waterproof clothing if it rains and warm and dry clothing if required.

Please inform your coach/team manager if you are going to be late or you cannot attend the training session or of any injury.

If anything makes you concerned or uncomfortable or if you think a fellow athlete has suffered from misconduct you should inform the club welfare officer (any information given will be treated in confidence by the club).