

Lancing Eagles Running Club  
Code of Conduct

- **Inclusive, fair membership.**

LERC is a friendly, welcoming club for adults of all abilities. Each and every Club member is valued. The Club does not believe in elitism, actively promoting equality and diversity. We ensure that opportunities are available to all; members should be able to attend without facing prejudice, discrimination, violence, abuse, aggression or harassment. We have a zero tolerance approach to any such behaviour.

- **Be respectful of each other.**

This is a club for adults; all of us have different thoughts, opinions and beliefs. Even if we don't agree at times, we should always respect each other. Each member is here for their own reasons, usually to make a positive change in their lives which we support and encourage. As a club, we welcome constructive feedback, not negativity and destructive criticism.

- **If you're not sure – ask!**

All members should support new and prospective members by being welcoming and sharing information which helps people settle into the club quickly. The Committee are volunteers who are here to facilitate the smooth running of the Club. We have England Athletics trained Welfare Officers who contribute to good practice within the Club and ensure the safety and enjoyment of runners and Run Leaders. We ensure our club meets statutory responsibilities to safeguard and protect our members.

- **Promote your club and sport.**

Wear your Eagles vest with pride! We have a great reputation within the running community, and we should endeavour to maintain this. While you are running on Club nights, events, or in your Eagles vest, promote our club by displaying courtesy to others. Avoid irresponsible behaviour, both online and in public, which could be dangerous or harmful to yourself or others, or which brings the club into disrepute. The same applies to juniors in your charge when representing the club.

- **Stay safe.**

The club has several Run Leaders who have completed the England Athletics Leadership in Running Fitness course. They aim to provide our members with a safe and enjoyable experience while they are leading the group they are assigned to. We advise members to be suitably dressed for the conditions they are running in, and take sensible precautions. For example, but not limited to, correct footwear, high vis and / or reflective clothing, head / body torches and running on pavements rather than the road. Runners participate at their own risk.

- **Have fun!**

At times running isn't easy, it can be hard work, challenging and frustrating. It can also be great fun! Remember your goals, adjust them if you need to, make them achievable and enjoy the process. If you have any worries or concerns, share them with your Welfare Officers or Committee. Contact details are listed on the LERC website.