

BRACKLEY and DISTRICT RUNNING CLUB

CLUB RULES

1. Eligibility

Membership is open only to those aged 18 years or over at date of application.

Paid up members may invite eligible guests to attend training sessions on the understanding that they are attending with a view to joining the Club in the near future. The member extending the invite is responsible for explaining to their guests the need to join or pay per session after their initial three free sessions.

The exception to the Guest status rule is at the discretion of the Club Secretary only.

Membership is open to runners of other Clubs under second claim status provided they can prove current membership of their first claim Club.

2. Behaviour

All members are expected to behave towards, and have respect for, other members and members of the public in an acceptable manner at all times when representing the Club during training sessions, when participating in Club Championship races, other organised races and social events.

All members will comply with the constitution of the club

3. Health & Safety

Irrespective of any Insurance afforded to members through the Governing body(s), all members of the club are expected to take full responsibility for their own and other people's health and safety when engaging in club activities. This will include:

- The wearing of easy to see high visibility clothing (club issue or comparable standard) is highly recommended at all times and especially during autumn and winter months.
- Experienced runners are strongly encouraged NOT to run on their own or to deviate from the agreed session routes during Club sessions. Experienced runners are also expected at all times during training sessions to be mindful of new members and less able runners to ensure that they are not left behind or placed in unnecessary danger.
- It is the responsibility of the Training Session Manager and Session Leaders to deliver each and every session unless a suitable deputy has been appointed. Members are expected to be attentive during session briefings to ensure they have a clear understanding of the proposed route(s) or session content.

- Should a runner or runners decide to cut short their session, they MUST inform the session leader or another participant to ensure that they are accounted for after the session.

4. Data Protection

Membership automatically entitles the Club, its Officers and other members to share membership details and upload non-personal data onto the Club web site.

Members personal details must, at all times, be treated as highly confidential and only shared between fully paid up members.

Individual members can, under extreme circumstances and only upon written request to the Club Secretary, opt to have their details removed from the mailing list but must understand that this will devalue the benefits of membership and could impact their receipt of important Club information.

The members' area of the web site contains sensitive details on members. The password will be changed from time to time and must NEVER be divulged to any person who is not a fully paid up Club Member under ANY circumstances. Anyone contravening this rule will have their membership revoked immediately without refund or recourse.

5. Use of Membership listing by full members.

Individual members are entitled to correspond to any other members using the members listing either individually or collectively.

Members who, by virtue of their Profession or ability to offer products or services to other members, wish to solicit for business, attendance to events or advertise are at liberty to do so provide they abide STRICTLY to the following guidelines:

- a) Under NO circumstances will members e mail addresses or personal details be included with any correspondence to ANY non-members. Ergo, no non-members shall be included on any individual or group correspondence to or between members.
- b) The frequency of e mails and other correspondence does not become onerous or overbearing on recipients and is kept concise and to the point.
- c) The content must not be discriminatory, racist or offensive in any way whatsoever.
- d) The content must not be lacking in any detail that could later be deemed to have been misleading or vital for the recipient(s) to have reached a balanced decision if relating to a personal commitment or any form of business transaction

e) Correspondence is moderated such that it does not take away from the main focus and activities of the Club and its constitution.

f) Members are strongly discouraged from soliciting sponsorship for charities to other members via direct e mail. This should be done via the members Challenges page only.

g) If a member intends to solicit the members for commercial gain, they MUST first request permission from the Club Chairman via the Club Secretary BEFORE they send out any notifications.

h) If a member achieves commercial gain (i.e any type of financial income) from any activity or service promoted to the members of the Club, it will be reasonably expected that a contribution of such a gain, (commission) should be paid to the Club for each and every member who attends an event or receives a service from that member OR that a suitable discount is offered (for example Personal Training, Massage, etc). This 'commission' / discount shall be agreed at the onset and waived only at the discretion of the Club Chairman and Club Secretary.

i) Soliciting members for commercial gain via telephone using details from the members' area is strictly forbidden under any circumstances.

j) Members who wish to organise extra curriculum training sessions that are not for commercial gain are also at liberty to do so. However, paragraph b) must be adhered to and after the first initial e mails have been distributed and the core support established, the mail outs should be confined only to those members who have expressed an interest. The Club particularly encourages additional sport activities that add variety to the training regime provided the activity does not impinge on the Clubs core training sessions and Club Championship races.

k) Members who fail to adhere to or persistently ignore these guidelines may have their membership revoked without recourse or refund.

6. Priority of Activities

At all times, whether for commercial gain or not, any activities that members are encouraged to participate in must take second place to the main activities of the Club. This includes training sessions, Club Championship races and Social events and it is expected of organisers and instigators to make themselves fully aware of all Club calendar events and to apply all efforts to avoid any clashes.

7. Grievance Procedure

If a member has any grievance relating to their fair treatment within the Club or wishes to raise any concerns or objections relating to the general running of the Club and the administration of Club activities, MUST send details in writing to their chosen ordinary committee member.

That committee member is then obliged to forward the members comments onto both the Club Secretary and the Club Chairman in order that the matter may be considered and dealt with in a formalized and recorded manner. Any submissions will be treated in the strictest of confidence and will only be discussed openly with the full permission of the member raising the grievance.

Grievances raised in any other manner will not be considered.

Once settled; resolutions are final and will not be subject to further appeal.

A copy of these rules can be downloaded from the Clubs web site.