



Silson AC Code of Conduct for Adult Members

Silson AC is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The Club believes that it is important that Members, Coaches, Administrators and Parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the Welfare Officer.

As a member of Silson AC, you are expected to abide by the following code of practice:

- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Members should recognise the valuable contribution made by Coaches, Run Leaders and Officials who are usually volunteers. They give their time and resources to provide training and competition for you.
- All members must respect Coaches, Run Leaders and Officials.
- All members should be a positive role model; treat other runners and officials with the same level of respect you would expect to be shown to you.
- Use correct and proper language at all times.
- Members are not allowed to smoke, consume alcohol or drugs at training venues or whilst representing the Club.
- Members should keep to agreed timings for training and competitions or inform their Coach or Team Captain if they are going to be late.
- Members must wear suitable kit for training and Silson Club colours for races.
- Members must pay any fees for membership, training or events promptly.
- Bullying of any sort will not be tolerated. Encourage everyone to enjoy sport and understand that people have different motivations for taking part.