

UNIVERSITY OF LEICESTER RUNNING AND ATHLETICS CLUB

CODE OF PRACTICE

Information to new members.

The club's concepts and rules must be given verbally when the member joins the club.

A new member must be informed of the training sessions in a written form when joining the club.

The information that is given to the new member must be by a committee member or a senior member of the club.

Training Sessions/Races

The information that concerns races and enrolling for them will be sent out in an email to members at least a week in advance and placed on the club's facebook group. Furthermore athletes will be informed of these races at training sessions.

Training sessions and length/severity will be provided to new members when they join the club in the form of a club information booklet and displayed on the club's facebook group as well as emailed to new members when they join the club.

Warming up must be encouraged before all events and practice.

When representing the University in an event, members must wear the University colours/vest.

Communications

Information about how to contact the committee will be given in a written form when joining the club.

Insurance

It must be ensured that all members have either a Sportscard when they sign the membership form.

Discipline

The club committee has the right to refuse membership or to cancel a member's membership if that person acts in a way to endanger other members of the club or anyone else while training or racing, or acts in a way which damages the wellbeing of the club.