

## Standard 6: Safeguarding

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### Blyth Running Club – Codes of Conduct (2026 Edition)

#### 1. Athlete Code of Conduct

##### Respect & Behaviour

- Treat all members, coaches, volunteers and officials with respect.
- Promote a positive and inclusive environment.
- Avoid behaviour that could be seen as bullying, harassment or discrimination.
- Always use appropriate language.

##### Training & Competition

- Follow the instructions of coaches and run leaders.
- Train safely and responsibly, considering the safety of others.
- Wear appropriate clothing and footwear.
- Programmable watches may be used to support structured training (laps, intervals, timed recovery).
- Training sessions are advertised on the Club website and other communication channels, including session content, location, time and the designated Run Leader/Coach.
- A Run Leader or Coach will always be the last to finish; no athlete is left behind.
- Interact with Run Leaders/Coaches regarding intentions, limitations, injuries or medical conditions that may affect training.

##### Safety & Welfare

- Use reflective/high-visibility clothing in low-light conditions.
- Lighting such as head torches or body lamps is encouraged during darker sessions.
- Report hazards, incidents or concerns promptly.
- Support a culture where safeguarding is everyone's responsibility.
- Respect personal boundaries and the welfare of others.

##### Social Media

- Use social media responsibly and respectfully.
- Avoid posting content that could harm the Club or its members.
- Never share images of juniors without parental consent.

##### Representation

- Always represent the Club positively.
- Follow UKA rules when competing.

#### 2. Coach & Run Leader Code of Conduct

### **Professional Standards**

- Maintain appropriate qualifications and CPD as required by EA/UKA.
- Deliver sessions that are safe, inclusive and appropriate for the group.
- Plan sessions with risk assessments in mind.
- Arrive prepared and on time.

### **Safeguarding**

- Prioritise the welfare of all athletes.
- Follow the Club's Safeguarding Policy and UKA procedures.
- Take early, appropriate action when concerns arise, in line with the Child Protection Policy.
- Report concerns immediately to a Welfare Officer.
- Maintain appropriate professional boundaries.

### **Communication**

- Communicate clearly, respectfully and positively.
- Provide constructive feedback without criticism or humiliation.
- Ensure juniors are always supervised.

### **Safety Responsibilities**

- Carry a mobile phone during sessions.
- Adjust sessions based on weather, visibility or group needs.
- Ensure reflective/high-visibility clothing is used in low-light conditions.
- Record and report incidents or near-misses.

### **Equality & Inclusion**

Treat all athletes fairly and without discrimination.

Adapt sessions to support individual needs where possible.

## **3. Parent & Carer Code of Conduct**

### **Support & Behaviour**

- Encourage your child to enjoy athletics and participate positively.
- Respect coaches, volunteers and officials.
- Avoid criticism, shouting or negative behaviour.
- Promote good sportsmanship.

### **Safety & Welfare**

- Ensure your child arrives with appropriate clothing and equipment.
- Ensure your child wears reflective/high-visibility clothing in low-light conditions.
- Inform coaches of any medical conditions or relevant needs.
- Collect juniors promptly after sessions.

### **Communication**

- Raise concerns respectfully with coaches or Welfare Officers.

- Avoid discussing issues in front of children or on social media.

### **Safeguarding**

- Support the Club's Safeguarding Policy.
- Never take photographs of juniors without permission.
- Avoid contacting coaches or juniors via private messaging except in emergencies or safeguarding situations.

## **4. Committee & Volunteer Code of Conduct**

### **Governance & Integrity**

- Act in the best interests of the Club and its members.
- Maintain confidentiality of sensitive information.
- Declare conflicts of interest.
- Follow the Club's Constitution and policies.

### **Behaviour & Leadership**

- Treat all members with respect and fairness.
- Promote an inclusive and positive Club culture.
- Avoid behaviour that could be seen as bullying, harassment or discrimination.

### **Safeguarding & Safety**

- Follow the Safeguarding Policy and report concerns immediately.
- Take early action in line with the Child Protection Policy.
- Support safe running practices and uphold the Health & Safety Policy.
- Ensure decisions consider the welfare of members.

### **Communication**

- Communicate openly, honestly and professionally.
- Avoid negative or inflammatory comments on social media.
- Represent the Club positively in all interactions.

### **Accountability**

- Carry out assigned roles responsibly and reliably.
- Attend meetings and contribute constructively.
- Support transparency and good governance.