



# CODE OF CONDUCT

**Document Version:** 1.0

**Last Updated:** 12 Nov 2016

## INTRODUCTION

This document summarises the key points associated with the Newcastle Flyers training runs. It explains:

- What the club provides for these runs
- What the personal responsibility is for all members and visitors who participate in these runs

Given our runs can exceed 2 hours over sometimes difficult terrain, sometimes through bush trails, and always through public spaces, it is important to understand the responsibilities of the club and participating runners, especially in the event of a runner becoming injured or lost.

## INDIVIDUAL BEHAVIOUR

Every person: spectator, member, official, participant, administrator, coach, parent or member of the community involved with Newcastle Flyers Incorporated, when participating in association-sanctioned activities, should work to ensure:

1. inclusion of every person regardless of their age, gender or sexual orientation
2. inclusion of every person regardless of their race, culture or religion
3. opportunities for people of all abilities to participate in the sport and develop to their full potential
4. respect is shown towards others, the association and the broader community
5. a safe and inclusive environment for all
6. elimination of violent and abusive behaviour
7. protection from harassment<sup>1</sup> or intimidation.

The running community relies on volunteers to hold events. Members are encouraged to volunteer at parkrun and Flyers events. As a rule of thumb, regular parkrun runners should volunteer twice per 50 runs.

## CLUB RESPONSIBILITIES

The club will schedule organised runs 2 months in advance for the participation of members and visitors. At each run a designated volunteer host may:

- Plan routes which conform to the schedule – i.e. date, distance, and pace.
- Take note of the names and number of participants in the run group.
- Provide mid-run refreshment stop(s). The stops are provided for runners to rehydrate and provide an opportunity to check that all runners are present and accounted for.

In the event of any runners not returning in a timely fashion to the agreed finishing point, the host will instigate an escalation process to identify and locate the lost runner(s).

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<sup>1</sup> See Attachment 1 of the Member Protection Policy for the definition of “harassment”.

As mentioned we do welcome visitors to join our weekly runs. Our expectation is that a visitor is either visiting or holidaying in Newcastle for a short time or a Newcastle based runner who would like to trial run with us before joining. For any Newcastle based runner that wants to run more than a couple of club training runs we ask that you apply for membership for insurance coverage and other benefits, if the club is of value for you to want to run with us on regular occasions.

## **PARTICIPATING RUNNERS**

All runners (members or visitors) who start and participate in any organised run do so in understanding of their responsibilities as detailed here:

- Each runner participates under the understanding that attempting to run up to 30km plus in various weather conditions is a physical challenge that they are prepared for, being able to complete such a run within 3:30 hours. Wearing bright or light clothing and use of head lights is recommended when it is dark or light is dim.
- Each runner is responsible to discuss the route with the run leader prior to the commencement of a run and inform the run leader if they are intending on leaving the group to follow a different route during the run.
- If in the event that while running in an organised run that you become lost or injured and unable to return to the start location by 9:30am, that you relocate to the nearest house and request a taxi to take you back to the start location as detailed on your map. The club will bear the cost of any such taxi fare.
- You understand and will abide by all NSW road rules as applied to pedestrians on public roads which include, but are not limited to:
  - A pedestrian must not travel along a road if there is a footpath or nature strip adjacent to the road, unless it is impracticable to travel on the footpath or nature strip.
  - A pedestrian travelling along a road:
    - must keep as far to the left or right side of the road as is practicable, and
    - must, when moving forward, face approaching traffic that is moving in the direction opposite to which the pedestrian is travelling, unless it is impracticable to do so, and
    - must not travel on the road alongside more than 1 other pedestrian or vehicle travelling on the road in the same direction as the pedestrian, unless the pedestrian is overtaking other pedestrians.
- For Newcastle Flyers members additional responsibilities include:
  - Ensure that your membership information in our club database is current and includes an emergency contact name and phone number
  - Where possible wear a Newcastle Flyers club top, as it is much easier to describe to anyone searching for a missing runner to look for a white or black Newcastle Flyers logo.
- For any visitors participating, you are ultimately responsible for your own ability to run the course on public property and understand that:
  - Newcastle Flyers accept no responsibility or liability for any event that may occur during your run.
  - If you become lost on this run, our club has no idea as to your identity or emergency contact details and so is unable to act. If you do not return immediately via taxi as detailed above, you understand and agree that the volunteer host may finalise their hosting responsibilities and depart the start/finish location after 10am.
  - By commencing any such run with our club you acknowledge that you have read and understood the above points as this document is directly highlighted on our club run calendar to ensure all runners are aware of their responsibilities.

