



STOWMARKET = STRIDERS =



Terms & Conditions

Membership

- 1.1 Membership of the Club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis.
- 1.2 Stowmarket Striders reserves the right, at its absolute discretion and without assigning a reason, to refuse any application or renewal and to suspend, restrict or cancel the membership of any person. Stowmarket Striders are not obliged to provide reasons for any action taken under this clause. However, potential reasons include, but are not limited to, an individual being in breach of the rules or code of conduct or any further regulations and conditions that are from time to time prescribed by Stowmarket Striders, a decision of a relevant body or committee assigned by the club or in the reasonable opinion of Stowmarket Striders an individual being guilty of conduct which is detrimental to the club or is offensive or dishonest in dealings with Stowmarket Striders.
- 1.3 Membership to Stowmarket Striders runs from 1st April to 31st March each calendar year. Membership fees will be set annually and agreed at the Club Annual General Meeting.
- 1.4 Membership application is via our on-line membership subscription form and must be submitted with full payment at the time of initial application. However, our acceptance of your application remains subject to our approval. Once we have reached a decision on your application we will either confirm that your application has been accepted by us or notify you that we cannot accept your application. We will contact you by either sending an email or a letter to you at the email or postal address you provide in your application. If we cannot accept your application and we have taken payment, we will confirm that your debit/credit card has been re-credited or shall refund you the price (as appropriate).
- 1.5 Membership is subject to member's acceptance and adherence of Stowmarket Striders Equality Policy, Terms and Conditions, Code of Conduct and Club Rules, details of which can be found on our Club website.
- 1.6 New members can join at any time during the year at the full membership rate.
- 1.7 If a new member joins in the last two months of any membership term, i.e. February 1st to March 31st in any given year then they may join for a reduced membership fee for the remainder of that subscription year. During this time they will not automatically be registered with UK Athletics. If a new member wishes to be registered immediately with UK Athletics then the full membership fee will apply.
- 1.8 New members will automatically be registered with UK Athletics unless otherwise requested.
- 1.9 Reduced membership will only apply to new or returning (i.e. if membership has lapsed for 12 months or more) members. Existing members are expected to renew their membership during the April of each subscription year.

- 1.10 Membership renewal is due on 1st April within any given subscription year. Members will have up to the 1st May to renew their membership online.
- 1.11 Prospective new members are invited to participate in up to two Club training sessions before deciding to join. After such period a membership application needs to be completed and any fees due paid.
- 1.12 Members must declare any medical details on their membership application to the club that may potentially present a safety issue for both themselves or to any other member of the club. These details will be kept confidential and only shared with the Elected Committee and Coaches of the club.
- 1.13 There is an 'expectation' that each member over the age of 18 will marshal or nominate a marshal for at least one Club organised race throughout the year. This will not be policed, nor mandatory, but operate on a goodwill basis. Members will be given the option to select one or more races to volunteer to marshal over the next 12 months at renewal or initial subscription to help ease the pressures of the Club hosting races. A spreadsheet will be made public within the member's area of the website for member's reference. If members need to exchange a commitment at any time then this will be easily accommodated, just let us know via contact details on the website.
- 1.14 Stowmarket Striders is a voluntary organisation with a membership. Members take part in a club session entirely at their own risk. Stowmarket Striders Running Club accepts no responsibility for races or events that are organised by other organisations. Competitors should check all race details and courses with the organisers prior to participation.
- 1.15 Any member who has any doubt or concerns about their fitness, or ability to take part in any session or race should consult their GP, or a suitably qualified health professional before considering participation.

Junior members, in addition to the above, the following will apply.

- 1.16 Junior membership is open to Juniors between the ages of 9 and 15.
- 1.17 Juniors may register as members from the date of their 9th birthday. They may at the discretion of the Lead Junior Coach join in the training sessions in the month prior to their 9th birthday to experience the training sessions and assess whether they wish to join the Club.
- 1.18 Junior Membership is subject to member's acceptance and adherence of Stowmarket Striders Equality Policy, Terms and Conditions, Code of Conduct. Parents Code of Conduct and Club Rules, details of which can be found on our Club website.
- 1.19 Junior Members under the age of 15 will not automatically be registered with UK Athletics. If a Junior requires UK Athletics registration in order to compete at a county or national level then they should make a request to the Club Team Captains with details of the race(s) they are looking to enter.
- 1.20 Membership for 15 years and older is at the full Senior membership rate. If a Junior member turns 15 during any given membership year, the Senior membership rate will not fall due until the time of membership renewal on the 1st April.
- 1.21 Junior membership is subject to regular attendance of club training sessions. If a registered Junior is unable to attend training sessions for a period of 3 months or more and has not notified the club otherwise then it will be deemed that their membership will be lapsed.

Website

- 2.0 To the best of the knowledge of Stowmarket Striders Running Club the information presented on our website is believed to be correct. The club does not accept responsibility for any actions taken on the basis of this information, neither does it accept any liability for omissions or errors of fact contained herein.
- 2.1 Stowmarket Striders Running Club accepts no responsibility for content that may appear on third party websites that are linked from our website. Any inappropriate language, images or other content on these sites that cause offence is entirely beyond our control and links to these sites will be removed as soon as notification is received and processed.
- 2.2 All official information relating to Stowmarket Striders Running Club will be posted on the website, members should note that other social media websites, such as Facebook and Twitter are not our official means of communication.

RISK ASSESSMENT and HEALTH and SAFETY

INTRODUCTION.

To ensure that the Stowmarket Striders Running Club minimise risk to its members and to the general public it is necessary to ensure that all events and training takes place in a safe environment.

Whilst Stowmarket Striders has no specific legal responsibility in respect of the Health and Safety of club members, the club acknowledges that it wishes to provide guidance to members so that they may make risk based decisions whenever they choose to take part in any club activity.

Due to the nature of the activities that Stowmarket Striders engage in it is difficult to mitigate every area of risk and therefore the Club Coaches and Group Leaders must undertake individual 'Duty of Care' for the athletes under their control. This requirement causes the creation of this document.

All activities entered into by members are made purely on a voluntary basis, and whilst the club will do everything within its control to assist in the management of risk, by being a member of the club it is essential to acknowledge that no specific members should be held responsible for any acts or omissions leading to personal injury or damage to property.

Any member who has any doubt or concerns about their fitness, or ability to take part in any session or race should consult their GP, or a suitably qualified health professional before considering participation

Runners have a responsibility to do their best to prevent harm to themselves, their running partners or members of the public and their property. It should be acknowledged by all club members that they as individuals owe a duty of care to not wilfully injure themselves or others by their negligent acts or omissions.

Running with Stowmarket Striders is a decision of the member.

RISK ASSESSMENT

Risk assessment is something we carry out many times each day, for example when making a judgment about whether to cross a road. In making a risk assessment we are evaluating the chance of injury and likely severity against the likely benefit.

Running however safely organised, carries a certain amount of risk and those taking part in any running or associated activity (e.g. cross training) need to be aware of those risks in order to minimize and accept them. Equally, the long-term benefits of running even when balanced against the risks should not be underestimated with increased fitness, health, well-being and longevity just to mention a few.

Risk assessment does not only serve to protect the athlete, we also have a responsibility to ensure that non-participants, property and animals are not harmed by anyone carrying out activities whilst operating as a member of Stowmarket Striders.

This responsibility only applies during Striders' organised activities and does not apply to any activity outside of the Club's control.

Personal risk management during running needs to be a dynamic process. Due to the ever changing environment which makes running so exciting and enjoyable, much can be done in preparation before running to ensure that risks that are foreseeable are appropriately managed. For example when running at night on or near roadways wearing something white or reflective and looking left / right and left again before crossing a road.

Some of the Striders' training sessions are carried out on either roads, off-road or cross country, therefore the risk assessments below are to be used in conjunction with an ongoing risk assessment conducted by the Club Coach or Group Leader carrying out the session.

COMMON RISKS.

The following guidance is intended to help members assess and to control risk and form part of Stowmarket Striders terms and conditions.

There are some factors common to all Striders activity regardless of the type of area we are running in.

Striders policy is:-

- Members should not wear headphones or listen to personal players during sessions.
- Members will dress appropriately to ensure their safety during sessions making sure they can be seen at all times by members of the public and other members.
- Members should wear appropriate footwear.
- Members will follow the Highway Code and be aware of other road users, cyclists, pedestrians and animals.
- When running at night every effort should be taken to run in well lit areas.

Road running.

- Where possible members should avoid running routes that cause us to cross roads. Where crossing is necessary use a safe route to cross roads using bridges or underpasses, or use crossings or traffic islands
- We cannot assume that car drivers can see us. Members should wear something visible when running on or across traffic routes. At night white clothes or clothes with reflective strips or a head torch will help you be seen.
- On roads with no path, run towards oncoming traffic so you can take evasive measures if necessary.

Off Road Running.

- Members should be aware of uneven ground; potholes; slippery surfaces; debris; loose stones and ditches and streams. Be aware of tree roots; animals; overhanging branches and farm vehicles.

RUNNING SESSION

Leader Responsibilities.

- Remind members that they should have warmed up prior to the session.
- Ensure that a first aid kit is available.
- Ensure that a team leaders has a mobile phone.
- Check reflective / hi-visibility tops during darkness.
- Clearly outline route highlighting any particular hazards.
- Break the group into manageable units and ensure that unit leaders know that the group must stay together. Runners should be split into ability groups. Where the group includes a session leader or nominated person they should be aware of the numbers in their group, keep watch for back markers and check all are coping with the session. Members are expected to look out for each other at all times

- Ensure that all runners are accompanied or in reasonably close proximity of other members.
- During the session the group leader will maintain an ongoing assessment and if necessary change the route or terminate the session.
- Ensure runners cool down and debrief re any hazards or difficulties.

RUNNING SESSION

Members Responsibilities.

- At Stowmarket Striders all members are expected to take responsibility for their own actions and safety. They should follow the following guidelines.
- Ensure properly warmed up.
- Ensure suitably dressed.
- Ensure they clearly know the route and are happy with the proposed distance.
- Experienced runners will already be aware of many of the possible risks but novices may not, and it falls to the more experienced runner to take on the responsibility to mentor those with less experience.
- Ensure that all runners are accompanied or in reasonably close proximity of other members.
- Inform other members if they notice any hazards or incidents that may have an impact on themselves or other athletes during the session.
- Runners must inform the session leader or other person within the group if they are taking an alternative route or leaving the group. Ideally this should be agreed in advance of the start of the run.
- Seek medical advice from your Doctor if you have a pre-existing medical condition that you think may place you at increased risk when running
- Notify coaches of any specific medical condition or when returning from long term injury or a debilitating illness
- Make others aware if you carry a SOS talisman for any specific medical condition
- Carry inhalers or any other treatments you might need, ensure your running partner is aware.
- Following illness or injury take a conservative approach to resuming training
- Members are responsible for knowing their own limitations and bringing them to the attention of the group leader.