

TACH Code of Conduct

This code sets out what TACH's values can mean in practice whether at club runs and races, races organised elsewhere, and in general.

Values

As an off-road running community, everything we do in TACH is based on respect: for ourselves, for other runners, for the club, for the wider community and for our environment.

Respect for Self

1. Equipment

Members should wear clothing and carry equipment appropriate for the conditions. In particular when dark, runners should wear fluorescent vests and headtorches to ensure they can see and be seen.

2. Injuries

The run leader should be informed of any injuries before the run starts. If you pick up an injury on the run and need to head home, make sure the run leader knows.

3. Self-Care

Generally, runners should run within their capabilities at the time.

Respect for Others

4. Leave no one behind

TACH operates a "sheepdogging" policy. On club runs, all members should take responsibility for ensuring no one is left behind and should take turns in going to the back of the field to support slower runners.

5. Be kind and keep it clean

What you discuss in the bar may not be appropriate on the run. Think twice; no need to cause offence. Club members should be aware of those present at club events and ensure they do not use language likely to upset, offend or corrupt.

6. Be on time

It is better to be 10 minutes early than 2 minutes late.

7. Warn others when passing

All it takes is a "on your left" or "hello" to alert someone to your presence. It is no fun being startled in the woods.

8. Headphones

On club runs and when competing in races for the club, runners should not wear headphones, for safety and communication with others.

9. Privacy

Consider other members' privacy when posting runs and photos on social media. Treat any personal information (eg phone numbers and emails for liftshares) with care.

Respect for the Club

10. Marshalling

TACH members are asked to marshal or assist with at least 2 of the races organised by the Club each year.

11. Run Leading

All TACH members are invited to lead club runs and may expect support from more experienced club members to do so.

12. Club colours

When competing in races for the club, members should wear TACH colours.

13. Club Reputation

Comments made verbally and on the club's social media – Facebook, Twitter, Strava, website – should not be abusive, offensive or derogatory. If they are, the moderators reserve the right to delete such posts and ban the author. TACH recognises that many runners also use social media in a personal capacity. Whilst not acting on behalf of TACH, members should be aware that they could damage the club's reputation if such use is not appropriate. Such use might be considered a breach of this code.

14. Juniors in TACH

For legal reasons, all children aged 16-17 must be accompanied by a parent or person acting "in loco parentis" at all times during TACH events. The person in charge of the child should not be the run leader. If the parent isn't running, the person in loco parentis must be agreed in advance and should make themselves known to the run leader.

Respect for the Wider Community

15. Highway Code and traffic

All TACH members will observe the Highway Code on runs and avoid unnecessary risks with traffic. Saying "thank you" to drivers who slow down goes a long way.

16. Other land users

Runners should respect other land users such as cyclists and walkers.

17. Land Owners

TACH members should seek appropriate permissions for relevant land owners for club runs and races.

Respect for the Environment

18. Leave no trace

Gel tops and packets, bar wrappers, you name it. If you brought it in, then take it out. And if you can, pick up any other garbage on the way.

19. Public Rights of Way and Countryside Code

TACH's runs and races follow public rights of way. TACH members also observe the Countryside Code eg closing gates and walking past nervous livestock.

Concerns

20. Raising concerns

If anything happens that causes you concern or makes you uncomfortable, inform the Club Chair or Captain, who will advise what steps to take. Any information will be treated in strict confidence by the club. Initially attempts should be made to resolve the situation through a conversation. If necessary the club will activate the Association of Running Clubs' complaints procedure: <http://www.runningclubs.org.uk> > Welfare > Appendix 2 > Club Complaints Procedure.

21. Safeguarding Adults

Safeguarding adults is everybody's responsibility. Clubs need to look out for the welfare of all adults and be informed enough to ensure that any safeguarding concerns about adults are properly acted upon. Clubs should respond and follow up any safeguarding concerns that they have about an adult. Safeguarding adults is linked to the circumstances that people are in, rather than individual characteristics of the adult. Most of the time, adults are fine. But sometimes they may need to look out for each other. Any adult could need safeguarding at any time if their circumstances change. If you have a concern about a TACH member or something that you feel puts a member at risk in relation to a TACH event, club run or social please do

Speak to a member of the Committee for further advice. We recommend you speak to the person who has been affected by the incident to get their consent prior to taking further action. However if this is not appropriate or you remain concerned about a person's welfare or safety - despite them not consenting to further action - please still seek advice while not revealing the individual's identity.

Dog Policy

22. Running with Dogs

TACH is an off-road running group for people, some of whom enjoy running with dogs and others who may be nervous. You are responsible for the safety & welfare of your fellow runners, yourself and your dog, so please consider the following points before bringing your dog:

- Members can bring along one well-behaved dog as long as it is kept on a lead, or under close control, and does not affect the enjoyment for the other runners (including delaying progress). If your dog has known behavioural issues towards humans, livestock or other dogs, then please leave it at home.
- Owners must have appropriate third-party insurance cover for their dog.
- Owners should always clear up after their dog.
- If the run passes through livestock (most injuries or fatalities to humans from cattle involve dogs when there are calves in the field), please be prepared (and able) to navigate a detour or make your own way back independently at any point. Carrying an OS map (printed copy or on a smartphone) of the area, is highly recommended.
- If there are stiles (and many stiles have lamb netting), or other obstructions, on the route please ensure that you and your dog are able to safely negotiate the stile. For larger or less agile dogs, it may be appropriate to have a nominated running buddy to assist.

If in any doubt, please contact the run leader before you leave home to see if the route is appropriate for dogs.

Original: September 2019

Consolidated with Dog Policy and Safeguarding: September 2022

Added Respecting Privacy statement: February 2023