



# IVANHOE RUNNERS' WORLD

Early Summer Newsletter, 2017

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## Summer's finally here....(at least this week)

....and what a scorching few days we've had! The heatwave started midweek, with temperatures in the high 'teens for the Washlands relays (very different from the floods of 2016 when we had to relocate) and continued into the weekend and beyond: make sure you all stay well-hydrated and sun-screened out there.

Thank you to all of you who responded to the Club Survey: we want to make sure we get input regularly from our members on how the Club operates, and your feedback is greatly appreciated. If you didn't get the chance to respond, and have a view, then please let a member of the Club Committee know.

Finally, if you haven't already made arrangements for the annual Club Trip - an event that sees us race, train and play hard - details can be found on page 4 of this newsletter. Until next time, Happy Running!



## A note from Club Chair, Heather Swan



Hi all, and welcome to the Summer issue

Quality sessions are still going strong with an average turnout of around 50 people each week - so well done all. Our thanks must go to our members who give up their time to run these sessions, you are all doing a great job. Remember, if you're injured or just fancy helping out just send a message to our Captains, we're always grateful for volunteers.

Social events are on the main web site, so keep an eye on our website to make sure you're not missing out and thanks to our social Secretaries Bev & Helen for putting these on.

Thanks to all who responded to our recent Members' Survey Monkey questions, your views really are important to us, and results are detailed inside.

We are all enjoying the lighter nights and the Friday nights pub runs are well attended. Again if anyone has any ideas, please shout up, we're always looking for new venues.

Have a good summer and happy running

*H x*



## Brian Gough (1943 – 2017)

**Kevin Sanders writes:** April was a sad month for the Club as one of our stalwart club members, Brian Gough, lost his battle against Leukaemia. Brian was one of the earliest members of Ivanhoe Runners, joining in Easter 1986, and over the years has been a huge part of the Club having been both Chairman of Ivanhoe Runners and Ashby 20 Race Director. In recognition of this he was one of the few people to be made an Honorary Life member of the club.

Brian was always an inspiration for club members, and was particularly embracing of new members to the club. He was always a willing running partner with advice and support, and pushed many runners to achieve times and distances beyond their dreams and ambitions.



He was a keen marathon runner having completed the London Marathon over 17 times, and the New York marathon in 1988, 1998 and 2008. He particularly enjoyed off-road running, and whilst the Seven Sisters marathon was a regular of his, his particular favourites were the Sunday morning training runs in Bradgate Park with good friends. He was also a fixture at Hood Park Leisure Centre in Ashby, not only the base of our Club but also where Brian was a regular in spin, pump and other classes with his wife Mary. He was also a keen parkrunner having done over 50 parkruns and was a regular at Conkers, where a minutes applause in his honour on the Saturday after his passing.

He will be hugely missed, reflected in the many tributes that were paid to Brian on social media. Comments included "If everybody could inspire so many people as this great man did then the world would be a so much greater place. Keep on running up there my friend" and "So sad to hear this. Brian was such a wonderful person who took me under his wing when I started running, and was always so encouraging. He'll be much missed".

His cremation at Bretby on 28th April saw a packed house as many current and former club members paid their respects, and it was a fitting wake at Hood Park Leisure Centre afterwards that heard many stories being told about Brian. Mary was very appreciative of all the support and said that the whole day had gone "just how Brian would have wanted it".

**Richard Bebbington, Ashby 20 Race Director writes:** Brian also encouraged so many of our past and current members to strive that little extra. In fact there are so many stories of Brian encouraging people to go for distances which many of us would have believed far beyond our capabilities. This is evident in many of the things people said on hearing the sad news: "Brian was there on the sides cheering me on and making me believe that I could actually become a runner", "He encouraged so many people to start running and then to achieve their dreams", "An inspiration to me and many others. An amazing, generous man".

As these quotes testify Brian encouraged so many people to go that one step further. Therefore we thought that it would be fitting for the extra London Marathon place, gained by winning the Bill Reynolds Trophy, is awarded to a marathon 'newbie' in Brian's name. Not run a marathon before? Don't think that you can make it? With Brian's help and inspiration on your shoulder you can. Sadly we only have one extra place therefore if there is more than one marathon newbie it will have to go to a ballot. Good luck, you know you can do it!!

Representatives of Ivanhoe Runners were honoured to be handed the Bill Reynolds Trophy at the ExCel Exhibition Centre, prior to the 2017 London Marathon. The trophy was awarded to the Ashby 20 in recognition of the excellent race organisation and continuous improvements, and this also sees Ivanhoe Runners gaining the extra place for the 2018 London Marathon, which as mentioned above, will be awarded in Brian's memory.





# Team Updates

By Team Captains Nick Rowles & Victoria Smith



April saw the marathon season in full swing with over 30 members taking part at Manchester, London, Brighton, Stratford, Paris, Madrid and most recently Liverpool. Some members took part in more than one Spring marathons, and four debutants in Janet Joyce, Martin Rowse, Helen Horn, Sarah Malone and Helen Smith enjoyed their first marathon experience.

Lots of notable performances were seen over the races, with Clare Fowell finishing 10<sup>th</sup> in her age group at Manchester and personal bests from Damon Bland, Teresa Talbott, Victoria Smith and Ange Bebbington. Personal bests continued at Brighton with Ruth Cousins and Mark Partridge, Karl Smith and Alastair Burgwin in Paris. At London Ramzi Sidani continued his fine form to clock an amazing time of 2hr 51minutes closely followed by Alastair Chambers in 2hr 54minutes which saw him finish 8<sup>th</sup> in his age category, not to be outdone Andy Jeyes finished 6<sup>th</sup> in his age category.

Both the LRRL and BDSL have continued in earnest. The LRRL has seen good performances at Markfield, Desford and West End 8 in the Winter league and Swithland in the Summer. For the BDSL so far we have had Run in the Forest, Uttoxeter 1/2m and Burton 10m. In the first race both the men's and ladies had strong performances to finish highly in the league results. This performance has been followed up with consistent performances at Uttoxeter and Burton, with Washlands relays seeing a massive 73 members signing up to run.

In between this busy start to the season, members have found time to run even longer distances with Ruth Green and Tim Sturla running the Canalthon Ultra, and Grania Towle completing the Lightning Challenge at Catton Park with an impressive 70K.

We have seen racing debuts from Hanna Robbins, Lucy McDermott, Chris Trzcinski, Helen Finn, Michelle Moore, Kay Gosling and Eliza Wrenne recently, and we hope they continue their racing with the club.

*Nick & Vic*

# Summer Social Calendar

By Helen Horn and Bev Jones

## "BBQ Run" – Grania's Garden BBQ!

**Friday evening - 14th July - 6.30pm meet at Grania's house, 27 Willesley Gardens, (Willesley lollipop!)**

6 mile route (with shorter option) from Grania's house. BBQ after the run in Grania's garden hopefully in the warm sunshine!! If you are unable/don't wish to run, you're welcome to join us at Grania's from 7.30pm onwards

**Please advise if you can come so we can plan numbers for catering**



\*\*\*\*\*

## " Treasure Hunt Run & Pizza at Zamanis, Ashby"

**Wednesday evening – 23rd August - Usual 7pm meet for 7.15pm start - Hood Park**

A chance to show your competitive spirit, navigation skills and teamwork!

We'll supply the clues, you supply the brain power and running shoes! Prize for the first team back!

**Finish the fun with Pizza's and vino at Zamanis in the outside courtyard. £5 per person to share a selection of pizzas. Drinks available to buy on the night**



# IVANHOE RUNNERS ANNUAL CLUB TRIP 2017 LJUBLJANA, SLOVENIA OCTOBER 26<sup>TH</sup> -31<sup>ST</sup> 2017



(Race is Sunday 29<sup>th</sup> October, your choice when to arrive and leave)



## HOTELS

Our base hotel is the City Hotel in central Ljubljana ([www.cityhotel.si](http://www.cityhotel.si)), but if this doesn't suit you, there are plenty of other hotels around to choose from

## FLIGHTS

Nearest airports for flights are:  
Luton (Wizz Air) - Thursday & Saturday flights out, Tuesday flight back  
Stansted (Easyjet) - Friday flight out, Monday flight back



Run the Full Marathon, Half Marathon, 10km (listed on the race website as "Recreational" run), or simply come and support  
Race Entry Website: <http://vw-ljubljanskimaraton.si/en>



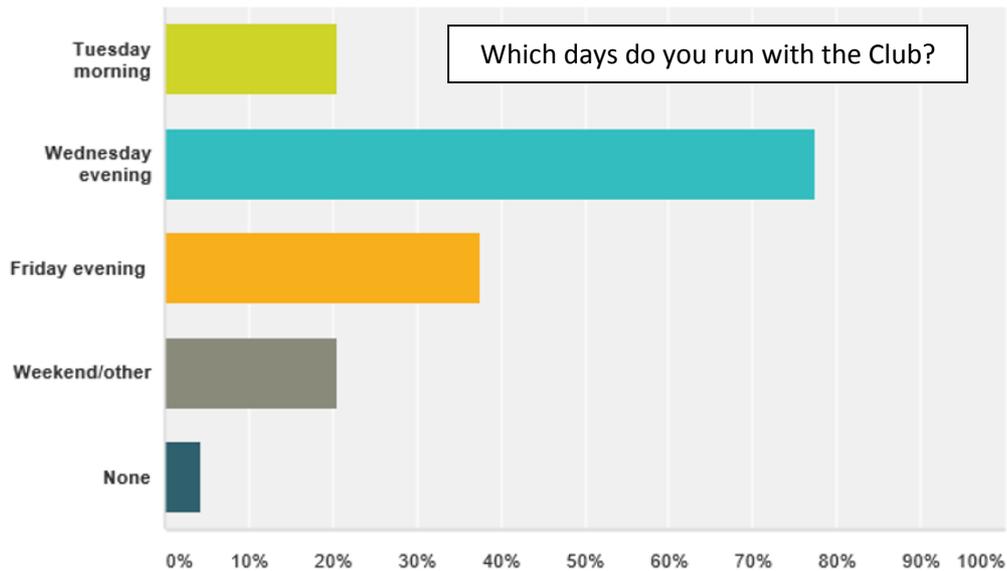
Volkswagen 22nd Ljubljana Marathon

October 29th, 2017

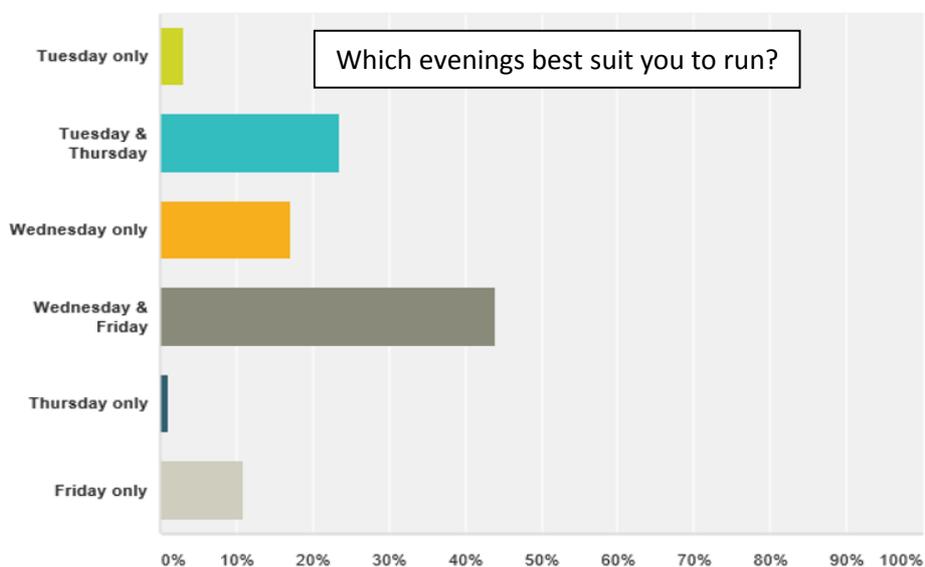
## 2017 Club Survey Results

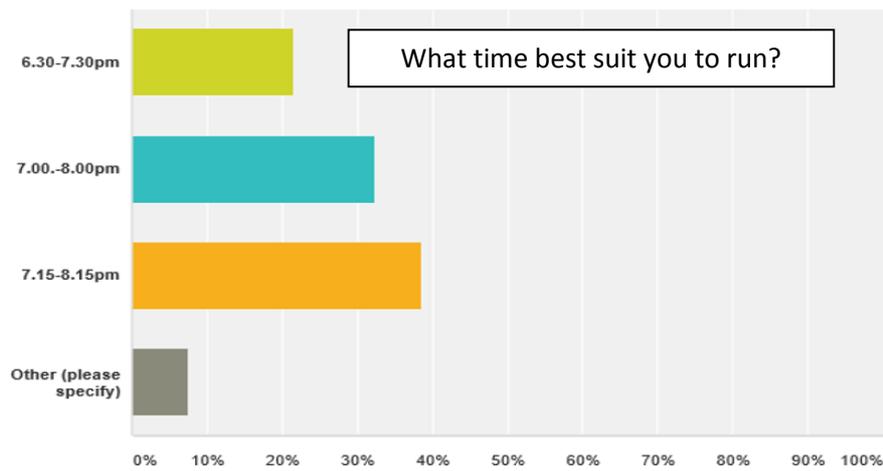
There was a fantastic response to the Club survey: with 93 responses that up over 20 on last year, and is around 50 % of the current membership – a huge thanks to all of you who completed this, and a summary of the results appears on the pages below. Where appropriate, the Committee have also commented:

**94%** of you run at least once a week with the club, with over **40%** of you running twice or more, which is significantly increases on last year. Wednesday evening is the most popular of the sessions, followed by Friday.

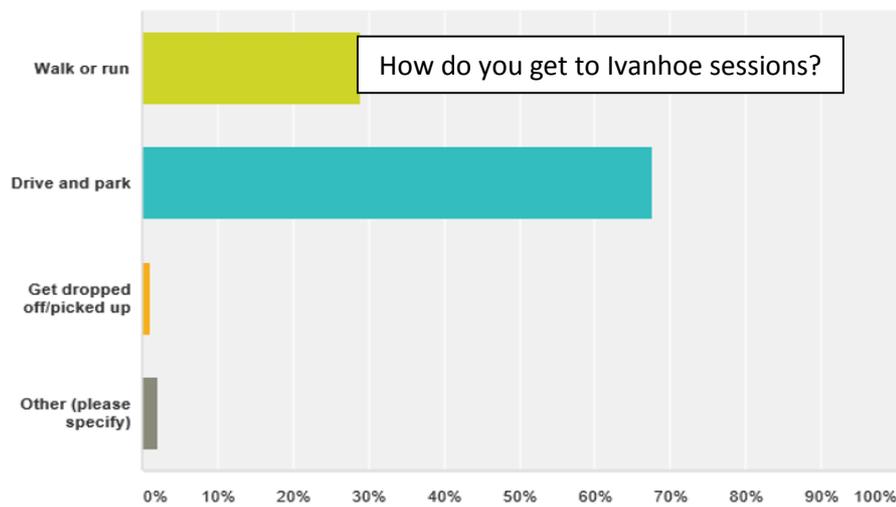


When asked **which evenings best suited you to run**, Wednesday and Fridays evenings remained the most popular choice, so the current Club nights fit well with this. The most popular times for runs were between 7:15-8:15pm (current times), although some people did state a preference for an earlier time. The official club sessions will therefore remain unchanged given the majority view on the timings, but we will review this on at least an annual basis.

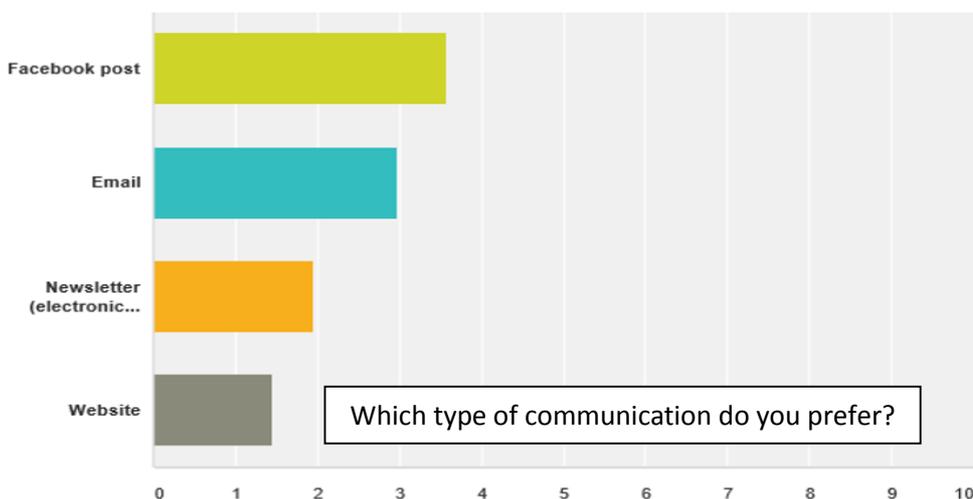




**We were also interested to see how you get to the sessions:** the majority of you drive there and park, although almost 30% of you walk or run there



**We're aware that we use several means of communication** within the Club, and wanted to look at preferences: Facebook and email remain the preferred means, and we will continue to utilise both forms as the primary communication method, with these being supplement by the website information and the Newsletter, the latter we aim to get out on a regular basis of at least 4 times per year



We asked if there were **any additional training sessions or activities** that we don't currently offer that you would like to see us organise in the future, and these are listed below. The Committee have commented against some items where appropriate, and these appear in **blue type**. Please note that it does take time to organise events and activities, and all of our committee members are volunteers, many with busy jobs and other commitments. If any of our members wish to help with organisation of activities, then do please let one of the committee know

- Relay races - **we already have one relay event per year: Washlands as part of BDSL league**
- Nutrition (planning, and nutrition for Training) – **to be considered as future Social Event**
- Social runs at a weekend - **there has been a recent social weekend run, and these do also happen at times of the year when we have fewer races e.g. late winter. Members are also free to organise social runs, post details on our Facebook page if they want to run socially at the weekend and want company**
- Pilates/yoga/stretching - **committee does not currently have capacity to organise, there are sessions locally led by Kelly Alldread that many of our members attend**
- Training plans for key distances – **Committee will investigate**
- Pace group runs – **we do these occasionally, but again this depends on having sufficient volunteers to lead pace group**
- Indoor circuits - **committee does not currently have capacity to organise, but happy for volunteer(s) to offer to lead this**
- More track – **currently once per month, to be reviewed regularly**
- Full club run once a month on summer evenings – **there have been a couple of full club runs recently on Friday evening – see details on the Social page of our website**
- Walking group for the injured – **committee does not currently have capacity to organise, but happy for volunteer(s) to offer to lead this**

We also asked if there were any **additional social events** you think we could run that would appeal to you/other members? Comments/responses below from the committee:

- Pub nights (inc food) – **to be organised later in the year**
- Group trip to Derby velodrome – **committee does not currently have capacity to organise. Members are however free to organise something and post on FB group**
- Parkrun tourism – **members are free to tour wherever they want! Post on FB group if you want company or recommendations**
- Quiz night - **to be organised later in the year**
- Trampolining (quite a few responses on this) – **still being considered**
- Skittles (but equally no skittles!)
- UK-based club trip - **committee does not currently have capacity to organise.**
- Club triathlon - **committee does not currently have capacity to organise, priority is the Ashby 20**
- Curry night – **for consideration over the winter months**
- More beer/cheese/picnics after races

And finally, we asked you about **items of Ivanhoe Club kit** that that you would be interested in buying – the Committee will discuss at the next meeting and look to source a supplier/price up the most popular items

- Not sure what's currently available: **Hoodies, Club vests, shortly Club T-shirts (Club Captains can supply these)**
- T-shirts – **shortly available for order from Club Captains**
- Buff/Beanie hat – **options will be sourced**
- Waterproof jacket - **options will be sourced**
- Bottoms
- Long-sleeved high vis T-Shirt – **Club Captains may still have some available from this year's order**

## Relatively Tough Races:

### Tim Sturla reviews and ranks some of our regular races

A few weeks ago Ruth and I did the Canalathon, which we assumed would be quite flat. It wasn't flat, in fact there was quite a bit of ascent, but then it's a long race. So rather than looking at the ascent in total terms, I looked at the ascent per mile, then compared it to the club's regular winter training route, which all know isn't flat. It turns out that the Canalathon was 94% of the winter run – in terms of ascent per mile.

This got me thinking that I might create a list of races with their ascents, so we could all see the relative "toughness" based on ascent. I asked via the Facebook group and got a number of figures for different races. I have set them out below and ranked them indexed on the regular winter route at 100. It might seem a bit odd to have imperial against metric, but I tended to get metres of ascent set against race distances in miles. I think we can probably best visualise things in these units anyway.

So, it appears that:

- If you want a challenge, head to Charnwood.
- If you want an "easy" marathon, head to Manchester, and not Madrid.
- If you moan about the hills on the Turkey Trot, it's actually "easier" than your average Wednesday winter run

Obviously in the races you're pushing a lot harder than the average wet Wednesday in November, but our boring run some of us have been doing for years now is certainly a good training run.

If anybody wants to send me any more events, I'll add them in and re-issue this list for each newsletter. There are a couple of question marks on some of the ascents, that I'd like somebody to check (Remember: I am using overall ascent, not maximum elevation). **Races are ranked toughest first**

Race	Terrain	Distance (miles)	Ascent (m)	Ascent/ dist. (m/mile)	Index	Re-check
Bradgate/Charnwood league XC	XC	5.2	184	35.4	225	
Charnwood Hills fell race	XC	14	455	32.5	206	
Charnwood marathon	XC	26.5	838	31.6	201	
Kielder Marathon	XC	26.2	734	28.0	178	
Madrid marathon	R	26.2	703	26.8	170	
Sinai league XC Burton	XC	5	124	24.8	157	
Bagworth league XC (2016 route)	XC	6.3	145	23.0	146	
Woodhouse May day challenge (C'wood)	XC	13.5	307	22.7	144	
Belvoir Challenge	XC	26.2	584	22.3	141	
Saracens/S. Wood/F'bed lane summer run	XC	7	142	20.3	129	
Markfield 10km	R	6.2	117	18.9	120	
Bristol Bath marathon	R	26.2	476	18.2	115	
Marathon Alpes Maritimes	R	26.2	475	18.1	115	
Stamford 30km	R	18.75	336	17.9	114	
Aldi Ashby 20	R	20	319	16.0	101	???
Bosworth league XC	XC	5.8	92	15.9	101	
<b>REGULAR WINTER ASHBY ROUTE</b>	<b>R</b>	<b>7.3</b>	<b>115</b>	<b>15.8</b>	<b>100</b>	
Palma marathon	R	26.2	410	15.6	99	
Liverpool Marathon	R	26.2	396	15.1	96	
Hungarton 7	R	7	104	14.9	94	
Canalathon 50km	R	31	457	14.7	94	
Ponton Plod Grantham	XC	27.5	404	14.7	93	
Turkey Trot	R	13.1	186	14.2	90	

Race	Terrain	Distance (miles)	Ascent (m)	Ascent/dist. (m/mile)	Index	Re-check
Seagrave Wolds Challenge (2016 route)	XC	16.2	226	14.0	89	
John Fraser 10	R	10	117	11.7	74	???
Adrian Smith 10km (2016 route)	T	6.2	70	11.3	72	
Nottingham half marathon	R	13.1	144	11.0	70	
A run along Worthington trail (out & back)	T	9	94	10.4	66	
West End 8 (Syston)	R	8	77	9.6	61	
Virgin London Marathon	R	26.2	235	9.0	57	???
Nottingham marathon	R	26.2	215	8.2	52	
Cardiff half marathon	R	13.1	93	7.1	45	
Burton 10	R	10	67	6.7	43	
Manchester marathon	R	26.2	83	3.2	20	

## 2017 Race Calendar & 2017 Club Grand Prix



Our 2017 Full Race Calendar appears on the next page, and includes the Winter and Summary LRRL Races, as well as the Social Runs.

The Committee are also delighted to announce the **2017 Club Grand Prix: races included in the 2017 competition are highlighted in blue type**. Brief details are below, and a further communication will follow on Facebook and email.

- Prize for 1<sup>st</sup> & 2<sup>nd</sup> male and female
- All 10 races count
- 30 points for 1<sup>st</sup> place, 29 for 2<sup>nd</sup> and so on
- Highest points total at the end of the season wins

Date	Event	League	Social	Grand Prix
June 25th	Gate Gallop	BDSL		
July 5th	Hungarton 7*	LRRL – Summer L		Yes
July 11th	Worthington 5	BDSL		
July 14th	Tara Kinder 10k*			Yes
August 2nd	Joy Cann 5	LRRL Summer L		
August 13th	Burton 10k*	BDSL		Yes
August 13th	Hermitage 10k	LRRL – Summer L		
August 16th	Geocache Run			
September 3rd	John Fraser 10*	LRRL – Summer L		Yes
September 17th	Tamworth 5	BDSL		
September 23rd	Rodbaston 10k Trail Run			Yes
September 30th	Birchfield Trail Poppy Run*			Yes
October 29th	Workshop Half Marathon*			Yes

# Time Standards (“Club Standards”) Award Scheme

## What are they?

The main idea of the Standards scheme is to give runners in the club a goal as an incentive to improve their training, for which they will be awarded at the end of the year with a certificate appropriate to the standard achieved. The scheme starts on January 1st and finishes on the second Sunday in December.

## How does the scheme work?

Below are links to the time standards for each age group - these will remain your age group for that year. Your age group is based on your age on January 1st of the race year. You will see that there are 10 race distances for you to work at, ranging from 5k to Marathon, with standards including:- DIAMOND, GOLD, SILVER and BRONZE. Use the grid to select the Standard and read off the corresponding time for that distance. This is the minimum required. (Note, only 2 out of the three distances 6 mile, 7 mile, and 8 mile, can be used to qualify for a Standard)

Website address for the Standards: [www.ivanhoerunners.uk/Stat/Standard](http://www.ivanhoerunners.uk/Stat/Standard)

## Rules

To be awarded a certificate you must complete at least five of the distances of one standard. To gain a distinction you must qualify for NINE distances of that standard.

All times must be achieved at recognised athletic affiliated events with accurately measured courses i.e. RACES WITH A RACE PERMIT - no fun runs, off-road courses or cross country events. Exceptions to this are Ivanhoe 20 and parkrun. Official times only. Proof may be required.

## Awards

Record your times throughout the year and submit your standard claim to your respective Captain at least two weeks before the awards evening, where you will be awarded your standard “trophy”.

## County Standards

In addition to the traditional Club Standards, the Leicestershire Vision 2020 Athletics Network organise a County Standard scheme. This operates in a very similar way to the Club Standards. 5 different distances for a Standard, 9 for a Standard with Distinction over a calendar year. However there are 8 different categories ranging from "tungsten" to "rhodium" giving runners more targets to aim for. Standard times are different, but broadly similar to the Club Standards. More details on the Leicestershire Running and Athletics Network website: [www.lran.org.uk/county-standards](http://www.lran.org.uk/county-standards)

**NOTE THAT FROM 2018 ONWARDS, WE WILL BE FOLLOWING THE COUNTY STANDRD SCHEME AS OUR MAIN CLUB SCHEME**

## Standards FAQ

### ***1. Do parkruns count for the Club standards?***

Yes. Although parkrun events don't have a race permit the courses are measured and timed and for many Club members this is the only 5k event that they run. When Conkers parkrun started a couple of years ago the committee at the time voted to allow results to count for the standards and so for consistency we will allow you to include your best parkrun time.

## **2. Can I count my time for the Ivanhoe 20 for standards?**

Yes. Again a decision was made by the committee a few years ago that runners completing the full 20 mile route the Saturday before the main Ashby 20 could count their time for standards. To do this runners will need to have their finishing time verified by a member of the committee and the use of a GPS watch which will confirm the route taken and finishing time is recommended. The main reason for agreeing this was to encourage members to volunteer to help on race day yet still meet their own running goals.

## **3. Do cross country races count for standards?**

No - these races are run over varying distances and terrain and therefore are unsuitable for comparing against standards.

## **4. Last year I got a silver standard by meeting the silver standard times in 5 race distances. This year I am on better form and think I can complete silver standard times for all distances – would I get anything extra for this?**

Yes – If you can meet the silver standard times in 9 different distances you could “upgrade” your silver standard to a silver standard with distinction. The same applies to holders of bronze, gold and diamond standards. Runners can also go for the distinction straight off if they complete

## **5. This year I move up an age group. I have got my bronze standard already; can I go for it again now that I am in a new age category?**

No – you can only be awarded each standard once. You should now try to make the times for the Silver Standard. The same applies for runners who have silver, gold and diamond standards. The exception to this is if you are now able to meet the standard times in 9 different race distances when you could upgrade to a distinction, see FAQ 4 above.

## **New Club Welfare and Safeguarding Policy & Code of Conduct**

### **Introducing your Welfare Officer, Carolyn Osborne**

It is important that all members get the best out of their time at Ivanhoe Runners, so this end we have appointed a Welfare Officer, and established a Code of Conduct for all members, parents of members, and volunteers.

This development also means that Ivanhoe Runners are now able to offer memberships to 16 and 17 year olds (previously minimum age was 18) which is an exciting development allowing a natural progression of members through from Ivanhoe Robins, as well encouraging younger outside runners to join us.

The policy appears below, and can also be found on the main Ivanhoe website (on the “membership” tab). You are encouraged to read it so that you are aware of the responsibilities of the club and all of its members towards each other, and not just in relation to any under 18 members. Your Welfare Officers are here to talk to should you have any concerns about any the behaviour of anyone involved in the club, either towards yourself or another member, and their contact details are at the bottom of the policy document.

May we also take this opportunity to remind you, as under 18 members may be joining in club training/races and other activities, and with particular reference to any posts on the closed Facebook group, that language and references must be appropriate. We all know what this means - keep it clean!



*Carolyn*

# Ivanhoe Runners Welfare and Safeguarding Policy: Code of Conduct



This code of conduct applies to all athletes, coaches, volunteers, parents of 16/17 year old members, and officials within the club. Please read and abide by it, and if you feel in any way that others within the club are behaving inappropriately, please contact Carolyn Osborne (Welfare Officer as soon as possible (see bottom of this document for contact details)

## Contents

1. Club: Code of Conduct.
2. Coaches/Volunteers: Code of Conduct.
3. Athletes/member: Code of Conduct.
4. Parents: Code of Conduct.
5. Anti-bullying policy

## 1. Code of Conduct for Athletics Clubs

### As a responsible Athletics Club we will:

- Adopt national welfare policies and procedures, adhere to the codes of conduct and respond to any suspected breaches in accordance with the Welfare Procedures
- Appoint a welfare officer, preferably two, one male and one female, and ensure that they are provided with appropriate training to act as a first point of contact for concerns about welfare issues
- Liaise appropriately with parents/persons with parental responsibility, officials, coaches, sports scientists, national governing bodies and other relevant people/organisations to ensure that good practice is maintained
- Ensure that club officers and volunteers always act responsibly and set an example to others including younger members
- Respect the rights, dignity and worth of every club member and others involved in athletics and treat everyone equally.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Challenge inappropriate behaviour and language by others
- Place the welfare and safety of the athlete above other considerations including the development of performance
- Report any suspected misconduct by club officials, coaches, technical officials or other people involved in athletics to the Club, Regional, National or UKA welfare officer as soon as possible

## 2. Code of Conduct for Coaches and Volunteers

### As a responsible athletics Coach/Volunteer you will:

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
- Place the welfare and safety of the athlete above the development of performance
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- Try to observe a recommended maximum ratio of 1 coach to 12 athletes at a training session or work in partnership with another coach/coaching assistant
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Encourage and guide athletes to accept responsibility for their own performance and behaviour
- Develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults
- You **MUST NOT** allow an intimate personal relationship to develop between yourself and any athlete aged under **18 years**
- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

### In addition, coaches/volunteers should follow these guidelines on best coaching practice, in particular with young athletes or with vulnerable adults:

- Avoid critical language or actions, such as sarcasm which could undermine an athlete's self esteem
- Avoid spending time alone with young athletes unless clearly in the view of others to protect both yourself and the young athlete. In special circumstances, for example when coaching elite young athletes, one to one coaching sessions may form part of the required training schedule. In this circumstance, parental/guardian consent must be sought and obtained prior to sessions taking place. The coach must inform the parent/guardian of the venue for training and an emergency contact number should be provided by both the coach and parent/guardian.
- Avoid taking young athletes alone in your car
- Never invite a young athlete alone into your home
- Always explain why and ask for consent before touching an athlete
- Ensure that parents/carers know and have given consent before taking a young athlete away from the usual training venue
- Report any accidental injury, distress, misunderstanding or misinterpretation to the parents/carers and club Welfare officer as soon as possible.

- Report any suspected misconduct by other coaches or other people involved in athletics to the Club, Regional, National or UKA welfare officer as soon as possible

### **3. Code of Conduct for Athletes/members**

#### **As a responsible athlete/member you will:**

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Always thank the coaches and officials who enable you to participate in athletics

#### **As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

#### **In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics**

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible

## 4. Code of Conduct for parents/people with parental responsibility

**As a responsible parent/person with parental responsibility or other supporter you will:**

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Never place undue pressure on children to perform, participate or compete
- Check out the qualifications and licences of people who are coaching or managing your child or offering a service connected to athletics such as physiotherapy, massage or nutritional advice.
- Know exactly where your child will be and who they will be with at all times
- Never make assumptions about your child's safety
- Ensure that your child does not take any unnecessary valuable items to training or competition
- Inform your child's coach or team manager of any illness or disability that needs to be taken into consideration for athletic performance
- Provide any necessary medication that your child needs for the duration of trips
- Assume responsibility for safe transportation to and from training and competition
- Report any concerns you have about your child's or any other child's welfare to the Club Welfare Officer, Regional, National or UKA Welfare Officers. (This does not affect your right to contact your local social services or the police if you feel it is necessary)

**As a responsible parent/person with parental responsibility or other supporters for a young athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of your child and other young athletes
- Avoid destructive behaviour and leave athletics venues as you find them
- Never engage in any inappropriate or illegal behaviour
- Not carry or consume alcohol to excess and/or illegal substances.
- Not carry any items that can be dangerous to yourself or to others excluding athletics equipment used in the course of your child's athletics activity

## 5. Anti-Bullying Policy

We are committed to providing a caring, friendly and safe environment for all of our members so they can participate in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our club. If bullying does occur, all athletes or parents should be able to tell and know that incidents will be dealt with promptly and effectively. We are a *TELLING club*. This means that *anyone* who knows that bullying is happening is expected to tell the club welfare officer or any committee member.

## **What Is Bullying?**

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim. Bullying can be:

- Emotional being unfriendly, excluding (emotionally and physically) sending hurtful text messages, tormenting, (e.g. hiding kit/clothing, threatening gestures)
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments
- Homophobic because of, or focusing on the issue of sexuality
- Verbal name-calling, sarcasm, spreading rumours, teasing

Any member, or parent of member, who considers they, or someone else within the club, is being subjected to any kind of bullying, should report it to the Welfare Officer, who will take appropriate action.