# Leeds University Union

## Code of Good Conduct for: Cross Country

**Club’s Statement of Intent**

We, the Cross Country Club, strive for a welcoming, inclusive environment, which fosters a family atmosphere and seeks to help members of all abilities reach their full potential, in sporting endeavours and in their wellbeing

1. No club members should be discriminated against
2. No club members should be subjected to peer pressure
3. No bullying should occur within the club
4. The club is inclusive of all students of the University of Leeds and alumni, and seeks for an inclusive, equal and diverse membership
5. The club is accessible to all abilities of athlete
6. The club will strive to ensure safety of its members during trainings, socials, trips and races

**Club Organisation**

1. Members can expect that the committee will run all aspects of the club in a professional and efficient manner. This includes management of club activities, finances and communication
2. Committee members must be available to answer questions or concerns that club members might have about the way in which the club is run
3. Club committee members will publicise their email address for communication and endeavour to respond to any club related queries they receive within a week.

**Training/Activity Conduct**

1. Attendance at training is not compulsory, but will be used in part to inform race selection
2. Members attending should arrive on time, prepared and committed
3. Members should attend training wearing appropriate footwear and clothing (reflective when dark)
4. It is strongly advised that all members take part in a warmup and cool down to avoid injury
5. It is strongly advised that members should wear reflective/light coloured clothing to enhance their visibility to motorists during training in reduced light
6. Members should show good sportsmanship and respect towards each other and coaches
7. Members should show respect and courtesy to any members of the public encountered on the warmup, cool down or during the training session
8. Drugs and alcohol are not to be used during training times and if someone is under the influence they will be asked to leave.

**Race Day Conduct**

1. Competitors must report to their captain at the specified time
2. Competitors must be professional in their approach to all races; i.e. ensuring that they are correctly equipped, dressed and prepared for the race
3. Competitors must be respectful and courteous towards officials, stewards and volunteers at races
4. Members should be humble in victory and gracious in defeat
5. When representing the University in BUCS fixtures, kit must be worn in accordance with the University’s sports branding policy
6. The club strongly encourages competitors to buy a vest in which to compete in accordance with the University’s sports branding policy
7. The competitors are responsible for cleaning kit before each race
8. The competitors should display good sportsmanship and support teammates
9. Alcohol should only be consumed after race time and in the boundaries of the athletes’ accommodation
10. Drugs are not to be consumed at events

**Events/Trips Conduct**

1. Organisation of trips should only be done with the knowledge of the sports development co-ordinator
2. An itinerary will be drawn up and presented to sports development co-ordinator
3. For tours, the Student Activities Health and Safety co-ordinator will be consulted
4. Events and trips should be planned well in advance and published to members through email, website and Facebook
5. Members should display good sportsmanship and respect towards other athletes/teams/officials
6. Members are expected to attend events if they have signed up
7. Behaviour on trips and during events should comply with the LUU

Social guidelines.

**Socials Conduct**

1. Adhere to LUU guidelines on social activities and make all members aware of the social guidelines and disciplinary procedures in place.
2. All members are entitled to attend all social events and existing members are encouraged to be inclusive and welcoming to new members
3. Members are always expected to behave responsibly when representing the University at competitions, events, fixtures and training. This includes any related travel and social activity
4. When visiting other universities members should be inclusive, polite, respectful and grateful towards hospitality shown
5. When other universities visit members should be welcoming and show hospitality
6. Members must always be respectful and inclusive towards members of the public and other attendees at social events
7. Members are asked to know their drinking limits and are instructed not to peer pressure other members
8. Committee are responsible for the protection of members - ensuring everyone arrives at the event safely and returns home safely. This will include a number of committee members staying sober and alert at social events

**Social Media Conduct**

1. All members should behave responsibly when using social networking sites including the club Facebook, Instagram and Twitter pages
2. Bullying, abuse and offensive language is not tolerated
3. Members should respond to arrangements and events in good time to allow a smooth preparation and initiation of club activities
4. Members should be aware that their actions on social media can affect the reputation of club/LUU

**Equipment and Kit Usage**

1. If kit is borrowed, the member is responsible for the kit until returned to the kit sec and will have to pay for replacement if lost. If kit is not returned in adequate condition, the member will have to pay for replacement
2. Correct kit (Leeds university vest) is to be worn during races
3. Correct footwear is to be used (spikes, train shoes, road shoes)

**Discipline and Complaints Procedure**

1. Athletes wishing to object/complain concerning matters appertaining to the club must express their dissatisfaction in person and in private to their club captain or an appropriate committee member
2. All complaints must be discussed in confidentiality involving only the necessary people
3. Failure to comply with the club’s Code of Conduct and Code of Practice may result in disciplinary action by the club committee, which may lead to suspension or expulsion from the club
4. Should it be deemed necessary, LUU will be brought in to advise on the procedure and help with any necessary appeals
5. In the event of a suspension/expulsion, which the member in question does not agree with:
6. Members can write to the LUU
7. Members can form another appeal to the committee (not including the captain and coaches)
8. If a member feels they have been treated unfairly by the club captain, they can make a formal complaint to another committee member (ie. treasurer), coach or university

**Reputation**

1. Please be aware that the UOLCCC has an esteemed reputation within the university and amongst other universities, running clubs and the public. We remind all members that actions at training, on race days, and in social events is representative of the club. If members’ actions bring the name of the club into disrepute there will be consequences and the potential for disciplinary action.

**Account Signatories**

1. Club president, treasurer and secretary must register with the ARC cash office
2. Copies of signatories will be kept in the club file



We the undersigned agree to uphold the above code of good practise

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| --- | --- | --- | --- | --- | --- |
| ***President*** | | Name | Joe Gebbie | Signature | JGebbie |
| ***Secretary*** | | Name | Joe Whelan | Signature | JWhelan |
| ***Treasurer*** | | Name | Ailsa Macrae | Signature | AMacrae |
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Date: 18/08/2021