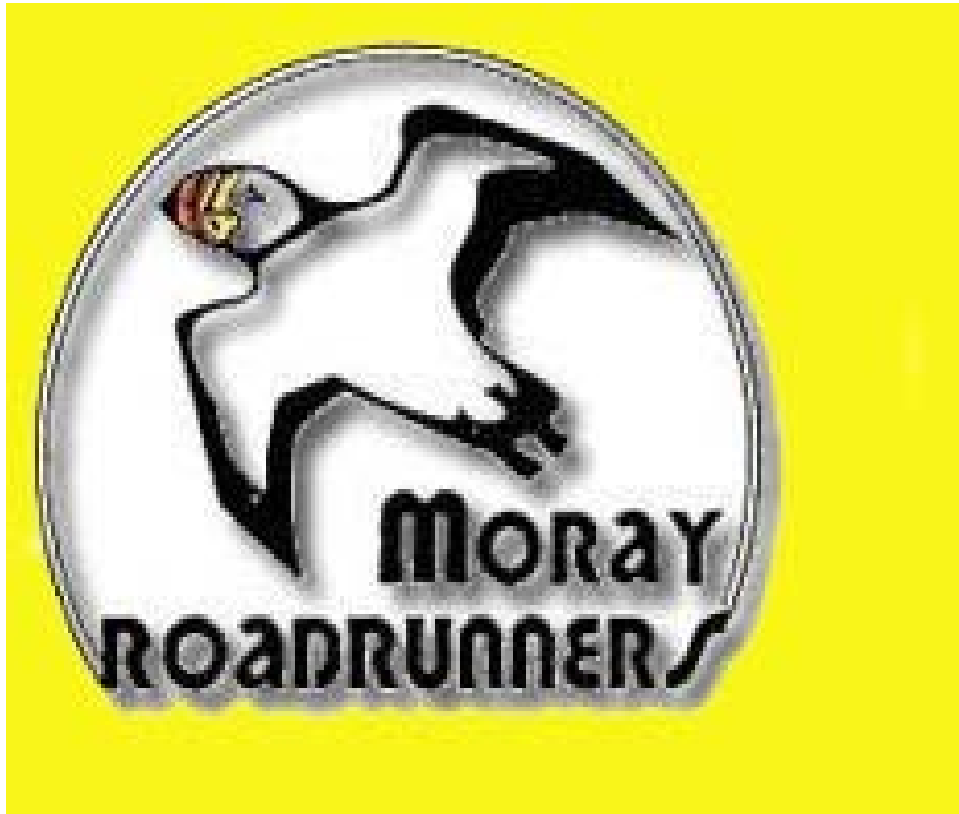


MORAY ROAD RUNNERS

(Scottish Charitable Incorporated Organisation: SC049049)



WELCOME PACK

(www.morayroadrunners.com)

HOW IT ALL BEGAN

In April 1985 a seminar on running was held in a local hotel which culminated with a jog in the Oakwood. As this run was enjoyed by all taking part, it was suggested that the run be repeated and 10 days later the first meeting at Spynie Car Park took place.

Numbers rapidly escalated from the initial 10 and some of the venues, such as Millbuies, were just about overrun when 30-40 people turned up.

The social side of this group was also beginning to take off, with a beach run and barbeque being organised.

It was suggested that a more formal arrangement was required and at a public meeting in August, it was decided to form a club, and a steering committee was set up.

The first unofficial run of Moray Road Runners took place on 1st September, with more than 20 people setting off for an 18 1/2 mile run round the Dallas loop from Glen Elliott's house in Pluscarden Road.

The steering committee's constitution was adopted and the club officially started on 1st October 1985.

In the early days, Moray Road Runners was definitively a jogging club and there was a very strong emphasis on social events! It wasn't until 1988, at the inaugural Nairn 10K, that the club started to make an impact on the racing scene, with Mickey Flynn winning and Jim McWilliam as 1st Veteran.

The club continued to grow, and in 1990 the youth section was started and a lot of untapped talent was unearthed.

Moray Road Runners has produced, and continues to produce, District, National and International Medallists across the age categories, a number of whom have gone on to represent Scotland and Great Britain.

INTRODUCTION

Welcome to Moray Road Runners – a friendly running club based in Elgin. Club members range from beginners to elite runners from 9 years upwards. We participate as individuals and as a Club in a large number of road races and other such events organised in the north of Scotland as well as further afield. The Club organises the Miltonduff 10k, Lossiemouth 10 Mile Turkey Trot and the Kinloss to Lossiemouth Half Marathon. In winter the attention switches to the North District Cross-Country League and District Championships with MRR organising one event.

Moray Road Runners is a Scottish Charitable Incorporated Organisation (SCIO) and is managed by a Board of Trustees who are all unpaid volunteers, elected at the Club's Annual General Meeting. New members are always welcome and are granted 2 weeks free after which we are sure you will have made the decision to join.

WHAT CAN MRR OFFER YOU?

The opportunity to take part in a healthy, enjoyable and sociable sport.

The opportunity to improve your performance through regular training.

The opportunity to compete in regional leagues and championship events.

The opportunity to learn from other club members' experience and knowledge.

Junior coaching in a range of disciplines.

The opportunity to assist with race organisation.

Volunteering opportunities across a variety of Club roles.

Access to national and local training, coaching and networking events.

The opportunity to support a Community Sports Club with charitable aims.

TRAINING NIGHTS

SENIORS

Training follows a traditional structure with sessions including efforts, hills, tempo runs, progression runs, handicap races and social runs of various distances through the streets and countryside around Elgin.

Day	Time	Location	Session	Group
Monday	6pm – 7pm	Check Website / Facebook Group	Easy Run	Seniors
Tuesday			Efforts	Seniors
Wednesday			Steady Run	Seniors
Thursday			Efforts	Seniors

Senior members of all standards are welcome to the Club although potential members, especially those new to running, are always signposted to local Jog Scotland groups as they may be a better option. Many of our members enjoy the motivational benefits of running with like-minded people as well as the challenges of competing in events throughout the racing calendar. These include road races from 3k – Marathons, Ultra Distance Races, Hill Races and Forest Runs. Club members also benefit from being able to compete in the North District Cross Country League throughout the winter season and, if a member of Scottish Athletics, National and North District Championship races. In addition, the Club affiliates to the Grampian Athletics League where members have the opportunity to compete in a variety of events, particularly middle and long distance track events. Training sessions, information and useful links are readily available on our website, www.morayroadrunners.com or through the senior member's closed facebook group – Moray Road Runners Members*.

JUNIORS

Juniors are welcome from 9 years upward. The children are put into groups and given training appropriate to their needs and ability. Progress within the

group, or into another group, is as a result of the efforts and determination of the athlete and the coaches.

Day	Time	Location / Session
Monday	6pm – 7pm	Check Facebook Group
Thursday		
Saturday	10.30am – 11.30am	

Our juniors also benefit from being able to compete in the North District Cross Country League throughout the winter season and, if a member of Scottish Athletics, National and North District Championship races. In addition, the Club affiliates to the Grampian Athletics League and Youth Development League where members have the opportunity to compete in a variety of events, particularly track-based events. Information and useful links are readily available on our website, www.morayroadrunners.com. There is also a closed facebook group specifically for the sharing of information relating to junior training and races – MRR Juniors*.

***Facebook is the main method of communication at MRR and is used to great effect to co-ordinate attendance at Training Sessions, Races and Club Challenges in particular. Whilst not mandatory, all members/parents are strongly encouraged to join their relevant facebook group in order to be fully aware of our activities.**

CLUB MEMBERSHIP

There are several categories of membership based upon age and personal circumstances. Club membership fees are set at the AGM and renewed annually. Membership fees are due on the 1st January each year payable online through Entry Central.

CONTACTS

E-mail: morayroadrunners@live.co.uk

Juniors e-mail: juniorsmrr@gmail.com

Chair: Gareth Jenkins jenksgr@yahoo.co.uk, 07925180113

Welfare Officer: Elspeth Jenkins eflaird@hotmail.com, 07565947696

ATHLETICS WELFARE POLICY AND PROCEDURES

Code of Conduct for Athletes

As a responsible athlete 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
- Inform your coach of any other coaching that you are seeking or receiving
- 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

Code of Conduct for Coaches

As a responsible Athletics Coach 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
- Be appropriately qualified including obtaining CRB/Disclosure Scotland clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- At the outset clarify with athletes (and where appropriate, with parents or carers) exactly what is that is expected of them and what athletes are entitled to expect from you
- Never try to recruit, either overtly or covertly, athletes who are already receiving coaching. If approached by an athlete receiving coaching refer immediately to the coach currently providing coaching support.
- 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.
- Cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, 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
- 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
- Do not exert undue influence to obtain personal benefit or reward
- A coach MUST strictly maintain a clear boundary between friendship and intimacy with athletes and do not conduct inappropriate relationships with athletes. Relationship with athletes can cause significant problems for other team members, raising concerns of favouritism and/or victimisation should the relationship later end.
- In particular, you MUST NOT allow an intimate personal relationship to develop between yourself and any athlete aged under 18 years. Any violation of this could result in a coach licence being withdrawn. It may also be a criminal offence to conduct a relationship with an athlete aged under 16 years. It may also be a violation of your coaching licence to form an intimate personal relationship with vulnerable adults.

As a responsible coach, 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 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 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
- Never share a bedroom with a child
- 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
- Work in same-sex pairs if supervising changing areas
- Respect the right of young athletes to an independent life outside of athletics
- 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

Code of Conduct for parents/people with parental responsibility

As a responsible parent/person with parental responsibility 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.
- Take an active interest in your child's participation
- Attend training or competitions whenever possible
- 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
- Return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before your child goes to any away events or trips
- 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 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

COMPLAINTS PROCEDURE

If there is a cause for concern or complaint by a club member or a member of the public, concerning the behaviour, welfare or action of a club member or a person acting on behalf of the club then this must be brought to the attention of the Welfare Officer.

The Welfare Officer will conduct a prompt investigation and gather the facts of the case and where appropriate any desired outcome.

The Welfare Officer may:

a) Propose a resolution to the parties concerned and report the actions to the Board. If any of the members concerned are not satisfied with the proposed resolution then they may refer the case to the Board, via the Secretary, with their reasons for finding the resolution unsatisfactory. In this case the procedure in b) will be followed.

OR

b) Refer the case immediately to the Chairman or Secretary who will convene a group of three Board Members, not including the Chairman, to consider the facts as presented and propose a resolution to the parties concerned.

If any of the members concerned are not satisfied with the proposed resolution then they may refer the case to the Chairman with their reasons for finding the resolution unsatisfactory. In this case the procedure in **c)** will be followed.

c) The Chairman will consider the facts and propose a resolution.

- Any resolution proposed can only be within the remit and authority of the club.
- A record will be kept of the complaint, the resolution proposed and any subsequent actions.
- Any resolution proposed will be in accord with the clubs Welfare Policy and Code of Conduct.
- At any point, where justified, the matters may be referred to other agencies in accord with the clubs Welfare Policy and/or the Rules of Scottish Athletics Ltd.
- If a complaint is made against the Chairman or a member of the Board then, as necessary, the remainder of the Board will appoint one of its members as a substitute in b) or c) above.

The outcome of the investigation will be reported to the Board and hence recorded in the Board minutes.