

# TACH Code of Conduct

This code sets out what TACH's values can mean in practice whether at club runs (Thursday evenings and other times) and club 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. Our runs should be safe, inclusive, and enjoyable.

## **1. Respect for Self**

### **A. 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.

### **B. 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.

### **C. Self-care**

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

## **2. Respect for Others**

### **A. 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.

### **B. 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.

### **C. Be on time**

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

### **D. 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.

### **E. Headphones**

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

### **F. 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.

## **3. Respect for the Club**

### **A. Marshalling**

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

### **B. Run leading**

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

### **C. Club colours**

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

### **D. 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.

### **E. 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.

## **4. Respect for the Wider Community**

### **A. 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.

### **B. Other land users**

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

### **C. Land owners**

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

## **5. Respect for the Environment**

### **A. 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.

### **B. 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.

## **6. Dog Policy**

### **A. 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. It is important that this should not spoil the enjoyment of runners without dogs.

### **B. Planning to bring a dog**

Each dog is different and owners should help their dog learn through experience and feedback what good practice is on a group run. Dog owners are encouraged to liaise with run leaders ahead of the run to understand any potential issues that might affect dogs on runs. These might include: livestock; busy roads and narrow paths where dogs may need to be on lead; difficult stiles (especially for larger or less agile dogs); location of poo bins; and the pub's attitude to canine customers.

### **C. Dogs on the run**

Owners must have appropriate third-party insurance cover for their dog. Owners should always clear up after their dog.

#### **D. Feedback**

Feedback (from all) on any concerns is very desirable and can help improve the experience of everyone involved.

## **7. Concerns**

### **A. 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.

### **B. 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 persons welfare or safety - despite them not consenting to further action - please still seek advice while not revealing the individual's identity.

*Original: September 2019*

*Consolidated with Dog Policy and Safeguarding: September 2022*

*Added Respecting Privacy statement: February 2023*

*Dog Policy updated and Annex A added: November 2023*

## **Annex A – Dog Policy – Desired Behaviours and Suggestions**

### **Before the Run**

Calm and quiet – no barking, no jumping at other runners chatting before the run starts.

Dogs are likely to be very excited at the prospect of a run, so this isn't easy. Some strategies can include using treats, holding the dog's harness closely or even picking the dog up.

Often dogs jump up at people who ignore them – they want attention! Of course, these might be the very people who aren't too keen on dogs.

### **During the Run**

- Respond to handler reliably. Good recall is essential; whistle training very desirable.
- Stopping at road crossings. Consider using lead whenever on tarmac
- Run wide past other people, bikes, horses etc. Try training on lead to run wide past other runners.
- On lead and walking whenever in a field with livestock – unless cattle/sheep/horses etc are a long way off. This will vary with the livestock concerned – curious bullocks or cows with calves need extra care. It is possible that cattle will stampede. If this happens, then release the dog – it can outrun the cattle! Note that some cattle may be drawn towards the dogs in a group; if this happens the handlers may push on to draw the dogs and cattle away from other runners.
- Happy to stay in the pack of runners, not barrelling up to the front or going off on own run. If a dog tends to push forwards past other runners, it might be best to keep it on lead at the back. This also applies to dogs who tend to double back in front of other runners.
- Not pester other dogs on the run. One thought here is that “intact” male dogs may have issues with neutered males. It's worth a quiet word with other dog owners.
- Stay in sight. A luminous collar can be very useful in the dark.
- Suitable harness for dog – full canicross kit? Just a canicross lead? Ordinary harness and handheld lead? Handlers should choose what works best for their dog. The main point here is to avoid impeding other runners, especially on narrow tracks. There is a risk with a waist harness that the dog can move from side to side and suddenly cross in front of other participants. (See also: <https://blog.parkrun.com/uk/2022/02/28/change-to-participating-with-dogs-at-parkrun/>)

### **After the Run**

Settled behaviour in pub. If unable to settle, owners should consider leaving the dog in their car. This is not acceptable in hot weather, although then hopefully the dog and owner can enjoy the pub garden!