



MARLOW STRIDERS TERMS & CONDITIONS

1. TITLE

The name of the Club shall be Marlow Striders (the “Club”).

2. HEADQUARTERS

The headquarters shall be at Marlow Sports Club Limited (the “Sports Club”), Pound Lane, Marlow, Bucks.

3. OBJECTIVE

The object of the Club is to encourage running at all levels and age groups, among the local community, and to further social and recreational activities for all Members (the “Member(s)”) of the Club.

“Marlow Striders encourage running at all levels and age groups among the local community”

4. TERMS & CONDITIONS

- 4.1 The Club shall decide the rate of annual subscription to be paid by each Member.
- 4.2 Through an elected General Committee (the “Committee”) the Club shall be responsible for the financial control and general management of its activities. This will include the enforcing of rules, regulations and any bye-laws which shall be binding on all Members.
- 4.3 The Committee shall propose the annual subscription based on the financial position of the club and consult with members at the Annual General Meeting (the “AGM”). Such subscriptions will apply from the 1st April.
- 4.4 The Club shall agree with the Sports Club the cost of hiring the Sports Club facilities and the amount payable to the Sports Club as an annual fee for such hiring.
- 4.5 The Committee will be responsible for the Constitution of the Club.

5. MANAGEMENT

- 5.1 The Committee will consist of a minimum 6 Members including the following officers: Chairperson, Secretary and Treasurer, with other officers at the discretion of the Committee.
- 5.2 An elected Committee Member shall hold office for a period of one year and may seek re-election at the next AGM.
- 5.3 Any four Members of the Committee shall form a quorum.
- 5.4 All Members of the Club who are entitled to vote at an AGM shall be equally capable of being elected as Committee Members, with the exception of Junior Members (aged under 18).
- 5.5 A Committee Member shall cease to hold office in the event of ceasing to be a Club Member.
- 5.6 The Committee shall be able to co-opt additional Members to those elected at the AGM.



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6. Annual General Meeting (AGM)

6.1 The Club shall hold an AGM in the month of April in addition to any other meeting which may be called from time to time.

6.2 The normal AGM business shall include:

- a) To elect Committee Members and officers.
- b) To present a financial statement for the preceding year.
- c) To advise of and vote on changes in Club and/or Sports Club fees, subscriptions, terms & conditions, rules and regulations.
- d) To confirm the appointment of an auditor.
- e) Any other business on the agenda.

6.3 At least four weeks' notice of the AGM shall be given by placing a notice on the Club notice board at the Sports Club and by email communication to Members. Notice of any business which it is desired to place on the agenda must be given to the Secretary in writing or email at least 14 days prior to the meeting.

6.4 Any Member who has paid his/her prior year annual subscription may vote.

7. SPECIAL GENERAL MEETING

The Committee, or any ten Members entitled to vote at a General Meeting, may call a Special General Meeting of the Club at any time. This can be done by giving notice to the Secretary, not less than 28 days before the intended meeting, stating the business to be brought before the meeting. Notice of such a meeting shall be given to Members as in paragraph 6.3.

8. NOTICES

All notices relating to Club activities and meetings shall be communicated through email, social media and Marlow Striders Website

9. ELECTION OF COMMITTEE MEMBERS AND OFFICERS

9.1 A notice shall be communicated at least six weeks prior to the AGM requesting nominations of Committee Members and Officers by a specified date. Each nomination must be supported by at least two other Members, one of whom shall be the nominee.

9.2 The election of Committee Members and Officers shall be by show of hands by Members entitled to vote attending the AGM in person or by proxy. Members must notify the Club Secretary to whom they have given their proxy vote(s). This must be done not less than two weeks prior to the AGM.

10. MEMBERSHIP

10.1 The Committee may terminate any membership on the grounds of disorderly conduct or breach of the Club or Sports Club Terms & Conditions, rules and regulations.

10.3 Members' financial liability is limited to their annual membership fees.



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- 10.4 Club Membership implies that the Member has access to the Clubhouse facilities at the Sports Club, which will be withdrawn if membership lapses.
- 10.5 Any Member competing in any event held under England Athletics rules, in which the Member has specified affiliation to the Club on his/her entry, must wear Club colours for that event.
- 10.6 Membership of the Club is confined to amateurs as defined by England Athletics.
- 10.7 Members will only be eligible for the club place for London Marathon if they have taken part and volunteered in 2 road races and 2 5K races whilst wearing club kit. Members also will need to be a fully paid up member for 2 years and a current member of England Athletic, also for 2 years. Runners must also have volunteered for one of the Marlow Striders running events and served on a MS club committee. Full details on our website.
- 10.8 Members are invited to join our private Facebook group, and WhatsApp groups to enable visibility of weekly planned runs and social events. Our public Facebook page and newsletter subscription is open to anyone. When a member resigns from the club, unless they are honorary members, they will be removed from our private areas.
- 10.9 WhatsApp groups are created for ease of communication for all of our members for running and social related topics. Members should be mindful of content to the appropriate audience and content must be relevant and not self-promoting.

11. HONORARY MEMBERS

The Committee may elect Honorary Members, on the basis that the nominee has been a full time member for at least 5 years and is proposed and seconded by 2 other full time members of Marlow Striders. Honorary Members will retain the ability to use the Marlow Sports Club facilities during Marlow Striders planned socials. Honorary Members can request to be kept on the mailing list/social media pages to keep up to date on club activity and events. Honorary Members will not be charged an annual membership fee and as such will not be entitled to vote at the AGM.

12. ADHERENCE TO THE RULES

The payment of a subscription will imply a Member's acquiescence and submission to the Constitution, rules, regulations and penalties of the Club and the Sports Club.

13. RESIGNATION

A Member intending to resign from the Club shall signify his or her intention to do so in writing to the Secretary. This will be implied if such a Member's subscription is not paid by the end of July.



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14. SUBSCRIPTIONS

- 14.1 The annual Club subscription and any other fees shall be of such amount as the Club shall from time to time decide by resolution at the AGM. Annual Club subscriptions are payable on or before 30th April. These particular subscriptions will provide membership until 31st March in the following year, subject only to any additional charges determined by the Club for that following year and which are payable by all Club Members.

Date from:	Date to:	% of Annual subscription
01 April	30 June	100%
01 July	31 September	75%
01 October	31 December	50%
01 January	31 March	25%

- 14.2 The Committee may have the power to terminate the membership of any Member whose subscription is three months in arrears provided a month's notice in writing shall have been sent to such a Member. The name and address of any person so expelled from the Club shall be sent to the Honorary Secretary of England Athletics or such body as shall be designated by the appropriate authorities.
- 14.3 No Member whose subscription is in arrears is eligible to represent the Club in any competition promoted by the Club or any meeting held under England Athletics laws.
- 14.4 Having ceased to belong to the Club either by resignation or otherwise, no person shall be entitled to have any subscriptions or fees refunded to him or her.
- 14.5 The Committee may determine that a Club officer's services shall be deemed to be equivalent to payment of the annual Member's subscription. Such a decision shall be ratified by the next AGM.
- 14.6 Club Members will be required to be Sports Club members. Any Sports Club subscription or fee will normally be included in the fees and subscriptions of the Club.

15. HEALTH AND SAFETY

- 15.1 Junior Members and junior guests must run under supervision by a parent or guardian or suitably qualified coach. The supervisor must ensure that each participant runs at a pace and for a distance suitable for their age.
- 15.1.1 Those supervising Junior Members and guests must have been cleared to do such supervision under the Club's Safeguarding Policy
- 15.2 Paras 15.2.1 - 15.2.6 apply to organised Club events including training events.
- 15.2.1 No Members or guests are to run unaccompanied during darkness or on country runs.
- 15.2.2 All Members and guests must use pavements whenever possible and give due care and consideration to both pedestrians and road users, including crossing roads using designated crossings e.g. zebra crossings, where these are available.



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- 15.2.3 All Members and guests must run on the right hand side of unpaved roads whenever possible and safe to do so.
- 15.2.4 All Members and guests must wear reflective or light coloured clothing when running in darkness. The wearing of electronic device headphones whilst running is strictly forbidden.
- 15.2.5 The Club does not accept liability for any loss or injury sustained by guests while in the Sports Club or during training and running elsewhere.
- 15.2.6 Members and guests should ensure that they are medically fit to participate in Club activities. A medical examination is particularly advisable before commencing running if individuals are new to running, physically inactive or overweight. Members and guests with a known medical condition must inform the Secretary on joining or when such a condition is diagnosed. Such Members and guests should also wear an identity tag on which the condition is described.
- 15.2.7 Members and guests must at all times be “safety aware” and in particular must ensure that they listen to and heed any instructions given by the session coach or leader. In addition they must ensure they do not prevent others from understanding such instructions.

If an accident occurs to Members or a guest whilst out running, then please follow the guidelines outlined in the Incident/accident report form (available within the club house)

16. FINANCIAL AFFAIRS

- 16.1 The Committee shall be responsible for the clubs’ financial affairs and shall keep proper books of accounts and produce an annual financial statement. The financial year will run from April to March. The treasurer will update the Club at the AGM
- 16.2 The Club appoints Auditors, as recommended by the Committee, by vote at the AGM.
- 16.3 A copy of each audited annual accounts are to be given to the Treasurer of the Sports Club.
- 16.4 The Committee shall have the authority to raise funds for either Club or charitable use.
- 16.5 The Club shall support one or more nominated local or national charity each year. The charity or charities are confirmed at the AGM.

17. CLUB ETIQUETTE

- 17.1 On training nights, Members should cease talking when Club announcements are made.
- 17.2 On training nights, all Members should take equal responsibility for ensuring that no runners are left behind at the back of the group and should take turns in going to the back of the field for slower runners
- 17.3 When competing in races, Members should wherever possible, wait in the finish area for the last Member to the finish
- 17.4 As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events Members will:



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- 17.4.1 Act with dignity and display courtesy and good manners towards others
- 17.4.2 Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to the Member or others, acts of violence, discrimination, bullying, harassment and physical and sexual abuse
- 17.4.3 Challenge inappropriate behaviour and language by others
- 17.4.4 Never engage in any inappropriate or illegal behaviour
- 17.4.5 If a Member or guest decides to leave the main running group, then the group should be made aware of this. The Member or guest is solely responsible for any actions they take and their personal wellbeing thereafter
- 17.4.6 Ensure that all Members that are intending to return to the Sports Club after a training session are accounted for.

18. SOCIAL MEDIA

- 18.1 Marlow Striders benefits from social media such as Facebook, Twitter, blogs, forums etc., to promote club events, provide club race updates, and the Club invites Members to freely post their own racing event updates to the closed Marlow Striders' Facebook group.
- 18.2 By joining the Marlow Striders Facebook closed group and any other associated Marlow Striders social media, Members are adhering to the Code of Conduct for the use of Social Media. Any communications that Members make in a personal capacity through social media must not:
 - 18.2.1 Bring the club into disrepute, for example, by:
 - Making defamatory comments about individuals (not limited to Members) or other organisations or groups
 - Posting images that are inappropriate or links to inappropriate content
 - Being seen to support (for example by 'liking' on Facebook) a commenter's post that would fall into any of the above categories
 - 18.2.2 Breach copyright, for example by:
 - Using someone else's image or written consent without permission, or failing to give acknowledgement where permission has been given to reproduce something.
 - 18.2.3 Do anything that could be considered discriminatory against, or bullying or harassment of, any individual, for example by:
 - Making offensive or derogatory comments relating to those characteristics protected by UK Law – sex, pregnancy & maternity, gender reassignment, race (including nationality, ethnicity and colour), disability, sexual orientation, religion or belief, marriage/civil partnership or age.
 - Using social media to bully or harass another individual
 - Posting images that are discriminatory or offensive

The Club recognises that many Members make use of social media in a personal capacity. While they may not be acting on behalf of the Club, Members must be aware that they could



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risk damaging the Club's reputation by inappropriate action. All Members are expected to recognise and respect this.

- 18.3 The moderators of the Marlow Striders closed group reserve the right to delete postings that breach the rules in paragraph 18. and block the author.
- 18.4 Members should also note that any breaches of this guidance may lead to disciplinary action. Serious breaches of this guidance, for example, inappropriate usage of social media activity causing serious damage to the Club, may lead to Club membership being terminated.

19. COMPLAINTS AND DISPUTES

19.1 All complaints regarding the behaviour of any Members should be brought to the attention of the Club Secretary and/or a Member of the Management Committee who will: -

- 19.1.1 Propose a resolution to all parties concerned and try and settle it by mediation.
- 19.1.2 If it cannot be settled by mediation any five members of the Management Committee (excluding the Chair(s)) will meet to hear complaints within 28 days of a complaint being lodged.
- 19.1.3 The outcome of a complaint hearing should be notified in writing to the person who lodged the complaint and the Member against whom the complaint was made within 7 days of the hearing.
- 19.1.4 There will be the right of appeal to the remaining members of the Management Committee within 7 days following disciplinary action being announced.
- 19.1.5 After exhausting the above process, the Management Committee has the power to take appropriate disciplinary action including the termination of membership.