



Alchester Running Club

Club Website

www.alchester-runningclub.co.uk

Founded 1999

Affiliated to UKA, SEAA and Oxon AA

Alchester Running Club Constitution / Rules

1. **Title.** The name of the club is Alchester Running Club.
2. **Headquarters.** The headquarters of the club is Bicester and Ploughley Sports Centre, Queen's Avenue, Bicester, Oxon
3. **Objective.** The objective of the club is: 'To promote running'
4. **Management.** The management of the club is vested in a committee of members who shall be elected annually. The committee shall consist of: Chairman, Vice Chairman, Honorary Secretary, Honorary Treasurer, Membership Secretary plus other members as deemed necessary. The committee has the power to fill any vacancy that shall arise, only first claim members shall sit on the committee. The committee has the authority to appoint sub-committees as and when required
5. **Membership.** Membership is confined to amateurs as defined by the UK governing body. A candidate must apply in writing on a form provided for that purpose and each application shall be considered by the committee.
6. **Welfare.** The minimum age for joining the club in order to comply with safeguarding guidelines is 18 however in exceptional circumstances and when agreed by the committee then those between the ages of 16 and 18 will be considered. The club agrees at its annual AGM an appointed welfare officer. Any conversations between a complainant and the welfare officer are treated in strict confidence.
7. **Safety.** Full risk assessments for Tuesday and Thursday sessions are available on the website and shall be reviewed as a minimum on an annual basis. Club members should familiarise themselves with these upon joining the club
8. **Resignation.** A member intending to resign from the club shall give notice in writing to the Membership Secretary and their membership shall terminate from the date the letter is received. No member can enter and compete in affiliated races as a member of the club unless his/her membership fees are fully paid.
9. **Subscription.** The annual subscription fee shall be payable on acceptance of a new member's application and subsequently on 1st April each year. The level of subscription fee shall be set by the committee for endorsement at the A.G.M.

10. **All funds.** The income and expenditure of the club shall be recorded by the Treasurer. The club's annual accounts shall be open to scrutiny and a financial report, verified by an independent auditor shall be presented by the Treasurer at each AGM. The club's funds shall only be used in furtherance of the club's specified aims and objectives. A quorum of the committee (at least 4 members, including at least two officers) shall have the authority to call for immediate reports. The committee shall have the power to reduce or waive the membership fee in cases of known hardship. All claims for such exemption will remain in the strictest confidence.
11. **Annual General Meeting.** The Annual General Meeting shall be held during the month of January each year to receive the committee's report and financial statement, elect officers and committee and deal with and other matter specified on the agenda. The Honorary Secretary must give members 21 days notice of the meeting, and notice of any proposed item on the agenda must be given to the Honorary Secretary at least 14 days prior to the meeting.
12. **Extraordinary Meeting.** An Extraordinary Meeting must be called by the Honorary Secretary within 14 days of receipt by him/her of a notice in writing signed by at least ten members of the club, stating business to be brought before such a meeting.
13. **Alteration of Rules.** No alteration or addition may be made to the rules except by an Annual General Meeting or an Extraordinary Meeting called for the purpose. Notice of any proposed amendments must be given as provided in rules 10 and 11.
14. **Notice of Meeting.** The Honorary Secretary shall give at least seven days notice of the time and place of any General Meeting, along with the business to be dealt with at such meeting. The agenda is to be posted on the Club Website (or sent by post) at least seven days prior to the meeting in question.
15. **Club Colours.** The club colours are as follows: vest with white front panel, club name in red, and side panels in red and blue trim.
16. **Guidelines to Members.** Members are expected to follow the guidelines below when running in club training sessions:
- All run on one side of the road, preferably facing oncoming traffic.
 - Always use pavements where available.
 - Wear light coloured and/ or reflective clothing when running in the dark.
 - Members shall compete in accordance with the rules as defined by the sports national governing body

Appendix 3

INSURANCE COVER FOR ATHLETES

As an athlete who has paid (or is deemed to have paid) subscriptions to an affiliated club or organisation, you are automatically provided with insurance cover which applies while you are involved in "athletics activities". This not only relates to training and competing, but also club / region administrative meetings, social and other club fund raising activities organised by the club. It does not, however, cover hazardous activities – bonfires, parachuting, bungee jumping etc. – even if they are organised at or by your club.

A. PUBLIC LIABILITY AND THIRD PARTY INSURANCE

This policy relates to injury to others or damage to property caused by an athlete whilst training or competing and provides protection to the individual against personal claims.

The amount of cover provided for any one incident is up to £10,000,000. In the case of property damage the first £750 of any claim is not covered.

The policy covers activities within Great Britain and Northern Ireland, and is extended to worldwide when the athlete is part of a representative team.

The following are examples of where cover would apply, subject to legal liability being proven:

- Bodily injury caused by one athlete to another within the same club.
- Bodily injury caused to a member of a visiting club.
- Injury caused through the sale of food and drink as part of club activities.
- Injury caused as a result of incidental first aid administered.

GENERAL POINTS TO NOTE

- This is not a personal accident policy, liability for injury or damage has to be established (if an athlete trips over their own shoelaces and breaks an arm, unless they can prove that another athlete or a club was to blame there is no cover).
 - There is no age limit applied to the cover.
 - There is no cover provided when athletes are training independently of their club (e.g. out for a run at night on their own causing injury to a member of the public).
 - Injury arising from medical or physiotherapy treatment is covered by the practitioners' insurance, not this policy.
 - If injury or damage is caused by a deliberate act or omission there is no cover.
- Damage to or loss of an athlete's personal property may be covered by travel insurance.

B. PERSONAL ACCIDENT INSURANCE

This policy covers athletes over the age of 16 years when they are competing in and travelling directly to and from events organised or recognised by UK Athletics, as part of the representative team. Personal accident cover does not depend upon proof of legal liability and, provided that there has been genuine personal injury that was not self-inflicted, benefits will be paid out.

COVER PROVIDED

Death	£100,000
Loss of eye or limb	£100,000
Permanent disablement	£100,000
Temporary total disablement	per week / 104 weeks up to £100
Temporary partial disablement	up to £100 per week / 104 weeks

GENERAL POINTS TO NOTE

- Temporary Total Disablement (TTD) cover is from the individuals 'usual occupation'.
- There is no cover for the loss of earnings for international athletes on GB duty who become injured.