



# Tri Sport Essex

## CODE OF CONDUCT

Tri Sport Essex is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important that members, coaches, administrators and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others.

This code sets out what our club will try and do for you and what you can do for the club. The club and its representatives will endeavour to;

- Commit to safeguarding and promoting the wellbeing of all its members.
- Ensure activities are safe, inclusive, legal and fair meeting good practice guidelines.
- Provide a range of training and development opportunities for all abilities
- Encourage members to be open at all times and to share any concerns or complaints that they may have with the Club Chairman or the Club Welfare Officer.
- Provide opportunities for members to influence the club's organisation and contribute to the running of the club.

**As a member or parent of a junior member of Tri Sport Essex, you are expected to abide by the following Code of Conduct:**

- Respect the rights, dignity and worth of all participants, coaches and officials regardless of gender, sexual orientation, ability, cultural background or religion
- Support and encourage good sporting practice by abiding by rules, respecting coaches, referees or officials' decisions.
- Parents of juniors are required to ensure session and race rules are followed and that they are respectful to coaches, officials, juniors and other parents

- Wear suitable clothing and protection for all club-organised training sessions, for example brightly coloured hat for open water swimming, reflective clothing at night. For all cycling activities cycle helmets must meet the **BS EN 1078 Standard**.
- Consider social media interaction to ensure it is respectful of others. Please see [Social Media Conduct below](#).
- Do not engage in activities or behaviour that brings the Club into disrepute.
- Do not consume alcohol or non-prescription drugs of any kind on training premises.
- Do not consume non-medication drugs at any kind of venue whilst representing the club.
- Do not smoke on training premises
- Encourage and commend fellow members in their training, competition and participation.
- Communicate openly and freely with club coaches and committee members.
- Contribute to the running of events which generate income and maintain low training fees for the club.
- Abide by the British Triathlon rules and Code of Conduct.
- Be courteous at all times to pedestrians and other road and path users.
- Obey the Highway Code and respect the rules of the public highways and footpaths.
- Pay for any fees for training and events before taking part.
- Report any poor, dangerous or disrespectful behaviour by others to the committee.
- Members to abide by other club policies for example
  - Safeguarding and Protecting Children
  - Equality & Diversity Policy,
  - British Triathlon's Anti-Doping Policy

## **Social Media Conduct:**

Members and parents of junior members of Tri Sport Essex can access the Club's social networking sites, which include its private Facebook group, public Facebook page, Instagram, and Twitter, and have the option to join the various Tri Sport Essex Groups on Strava and WhatsApp. This document is intended to help members of the Club make positive and respectful decisions about the use of Tri Sport Essex's social media channels. Members should be aware that misuse of social media can, in certain circumstances, constitute a criminal offence or otherwise give rise to legal liability against an individual member or the Club.

### **General social media conduct:**

1. **Use common sense:** Use your best judgment at all times. If you're uncertain if something is inappropriate or questionable, don't post it.
2. **Mind your manners:** Be respectful, kind and civil. You should not tolerate discrimination or hateful comments about anyone, including your rivals. Adopt the same level of courtesy as when communicating in person.
3. **Be human:** Use your own voice; speak in a warm, approachable tone and most importantly, be yourself. Anything posted on the behalf of your club is permanent and a reflection of the club and its members.
4. **Keep it purposeful:** Avoid discussing topics that are not relevant to the Club and its activities, particularly those that may be inflammatory e.g. politics and religion. Promote the benefits of joining the Club. Provide information about the Club for potential new members. Promote triathlon or multi-sport events involving swimming, cycling, or running as worthwhile activities. Celebrate the success of the Club or one of its members in a triathlon or multi-sport event. Communicate something that the Club or some of its members have done to support the local community or a charity.
5. **Keep information safe:** Avoid posting your contact details and do not post anyone else's details without their permission.

## **WhatsApp Guidance:**

- Please use the appropriate WhatsApp chats to communicate with other members about club/ multi-sport related activities.

## **Sharing photos and videos:**

- Please use the WhatsApp TSE Team Talk group to share photos and videos of events and training sessions **you** have attended.
- Please only share or forward photos/ videos of yourself.
- If you want to share a group photograph/ video, please ensure you have permission from all those people in it. Do not share any images of young people under 18 unless you are their parent/ guardian.
- If you have photos/ videos of other members, please share with them directly, then they can decide whether they share with the club on social media.
- Do not post photographs of people behaving in a way that could bring the Club into disrepute. Please report them to the committee instead.

*\* By sharing your photo/ video on Team Talk, you are agreeing for your photo to be used by the club on its Facebook page, Instagram page and website to promote the club and sport to the public.*

## **By joining the club, you agree to abide by the Code of Conduct set out above.**

Any member deemed by the committee to have not abided by the Code of Conduct will be subject to the Club's disciplinary procedures. Sanctions may include suspension of a member's membership and access to club events. In the most severe cases, the committee may decide to revoke membership of any individuals.

**\*Any Club member who feels that they have been harassed or bullied or are offended by material posted or uploaded by another member should inform the Welfare Officer at [trisportessex@outlook.com](mailto:trisportessex@outlook.com) or [TSEwelfare@gmail.com](mailto:TSEwelfare@gmail.com)**

