

Harrogate Harriers Seniors Members' Charter

Whether you are a new applicant to the club or you've been around longer than you care to admit, we are very glad to have you onboard. Below you will find a short summary of what the Club aims to offer and how we would like our members to support and participate in our various activities.

We really want you to enjoy running with Harrogate Harriers, to get involved with the Club, make good friendships and have fun. You will see below that as a Club we offer a wide range of opportunities for you to develop your running and to join in, in return we ask that you represent the Harriers with great pride and hope that you will get involved in the Harrogate & District Summer League, the PECO XC League, the Club Road and Off-Road Championships and where possible volunteer to help at our various events, this is a fundamental and important part of your membership.

Your Committee:

- Chairman – Adam Prentis
- Secretary – Martyn Price
- Membership – Emma Robinson
- Treasurer – Nat Southworth
- Events Coordinator – Sue Moul
- Training Coordinator – Issy Rowe
- Competition Coordinator – Simon Watson
- Press & PR – Liz Sandell
- IT & Communication – David Oldfield

Club Captains/POCs:

- Men's Road Captain – Andy Dobby
- Ladies' Road Captain – Issy Rowe
- Men's Off-Road Captain – Martyn Price
- Ladies' Off-Road Captain – Helen Price
- Men's XC Captain – Nathan Smith
- Ladies' XC Captain – Emma Robinson
- Social Secretary – currently vacant

TRAINING

Harrogate Harriers provide athletes with structured training which can be used as an objective measurement of their performance. The sessions are specifically designed to help athletes of ages and abilities improve their performance and endurance. Every Tuesday at 1900 we hold a combined club training evening at the Harrogate Sports & Fitness Centre, the cost training and the facilities on offer is met by your

membership subscription. Other training typically comprises of a track session at Leeds Carnegie on Wednesday at 1830 (entrance fee payable), a structured training session in Harrogate on Thursday at 18.15 and a social run from HSFC on Thursday at 18.30. All sessions will be promulgated weekly by e-mail on Monday along with other club news and updates.

Please remember when taking part in our organised training sessions that you are specifically responsible for conducting yourself in a considerate and safe manner; this means being aware of what is happening around you, paying attention to instructions from the Run Leader and taking care not to do anything that could lead to an accident and potential injury to yourself and/or others. It follows therefore, that the use of any device that might impair your hearing or limit your ability to react to safety warnings is not allowed at Club training sessions.

HOSTED EVENTS

The Committee aim to organise the following events:

- 1) Run Harrogate 10K annually in June, open to the public. This is the club's main opportunity to generate income for reinvestment in training, infrastructure and social activities
- 2) a Harrogate & District Summer League event bi-annually
- 3) a PECO league event bi-annually

We ask that members undertake to volunteer at Club-organised races for marshalling or other duties (as required) rather than compete in the event itself.

CLUB EVENTS

The Committee aim to organise the following events annually, these are suitable for all members and we encourage you to take part to benchmark your running form and enjoy the social aspect of competition:

- 1) a handicapped point to point series
- 2) a timed mile challenge
- 3) a Cyclists v Runners handicap race with Harrogate Nova

CLUB CHAMPIONSHIPS AND AWARDS

The Committee will facilitate a Road and Off-Road Championship each year, starting in January and concluding in December prior to our annual Awards Evening, the overall goal being to encourage friendly competition and participation in target races.

The rules and scoring for these Club Championship events will be published in advance and championship placings made available via the club website. The winners will be recognised at a club social gathering along with other annual awards.

ALLOCATION OF CLUB PLACES IN THE LONDON MARATHON

Harrogate Harriers is affiliated to England Athletics and may be allocated guaranteed entries in the London Marathon each year. Anyone who wishes to be entered into a ballot for a Club place must have been a fully paid up member for a minimum period of 12 months. One additional place in the ballot can be gained on proof of an unsuccessful entry in that year's general ballot.

CLUB KIT

The Committee will make vests, t-shirts and other items of kit in Club colours available for purchase by members. We request that you wear our colours when competing as a first-claim member, unless the circumstances of the race make that difficult or detrimental to performance.

SOCIAL MEDIA

The Club has various channels of social media at its disposal (Facebook, Twitter, Instagram) and we may occasionally use video conferencing tools to communicate with our members (Zoom, Skype etc).

We will endeavour to use these tools to engage appropriately with our members and to augment our communication methods. We actively encourage our members to make effective use of our social media, but at the same time to apply common sense and respect all users, meaning that we will not tolerate disrespectful or demeaning conduct in any form, likewise any activity that might be considered unethical or hateful, sexually or racially motivated is explicitly not allowed. The Club has appointed administrators who will provide guidance and support whenever needed.

PHOTOGRAPHY POLICY

Any photo or image that is directly provided to the club, posted to our social media by the member or taken as part of our members' involvement in athletic competition is deemed to carry the permission of the person (or persons) portrayed, meaning the club is allowed to use that image for promotion via social media channels or as part of a submission to media outlets such as local newspapers and sporting periodicals. If you specifically DO NOT wish for this to happen, you must inform the club directly.

DATA PROTECTION

We align our policy with the General Data Protection Regulation of 2018

Harrogate Harriers are committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your membership, Harrogate Harriers & A.C. is the Data Controller and are responsible for storing and otherwise processing your data in a fair, lawful, secure and transparent manner. For more information, please consult our data protection policy.

Thank you again. Have a great year and if you have any questions don't hesitate to get in touch.

Adam Prentis
Chairman
Harrogate Harriers & AC