



Membership Agreement

SECTION 1

1. PURPOSE

The main objective of our Membership Agreement is to establish the roles, code of conduct and expectations for members of the Pacers Running Club with a view to maintaining responsible and ethical behaviour and informed decision-making by participants in the club.

This Agreement outlines your Executives' commitment to ensure that the club maintains high standards of operations and fulfills our goal of being an inclusive club. Our Agreement informs everyone involved in the club of his or her role and responsibilities and the standards of behaviour that are required, in addition to the role and responsibilities of the Executive.

2. SCOPE

- a. This Agreement applies to all members, guests, partners, volunteers, and contracted providers.
- a. This Agreement describes the club's objectives and policies regarding maintaining a club that meets the needs and expectations of its members with regards to safety, security, health and fitness aspirations.
- b. This Agreement covers appropriate and inappropriate behaviour that may occur at training runs, running events, social events and in the social media.

3. DEFINITIONS

Term: Executives

Definition: Members of the club, elected on a yearly basis, by a majority vote of club members in good standing.

Term: Member

Definition: A person who voluntarily signs up with the Club by signing the membership form and membership agreement and by paying the required membership fees.



Term: Volunteer

Definition: A member or non-member who undertakes to help with the Club's activities and events

Term: Guest

Definition: A non-member who attends runs, events and activities undertaken by the Club

Term: Host

Definition: A member who plans, facilitates and implements weekly training runs for the benefit of both members and non-members

Term: Partner

Definition: A member or non-member that provides goods and services that benefits Club members without cost.

Term: Contractor

Definition: A member or non-member who is contracted by the Club to provide goods and services at an agreed price.

4. GENERAL RESPONSIBILITIES

a. Club Executives

- 1) Overall administration of the club.
- 2) Oversight for the planning for club events
- 3) Membership coordination
- 4) Run coordination and administration
- 5) Notification of members about runs, events and activities
- 6) Prudent, consistent and accurate recording of all income and expenses related to activities undertaken by the Club in order to maintain fiscal responsibility
- 7) Promotion of all Club activities through social and other media
- 8) Plans Annual General Meeting
- 9) Complies with the membership Agreement and Club constitution



b. Club Members

- 1) Pays membership dues on time
- 2) Hosts runs as assigned
- 3) Volunteers to assist with club activities and events
- 4) Complies with the Membership Agreement

5. CODE OF CONDUCT FOR MEMBERS, EXECUTIVES, GUESTS AND VOLUNTEERS (STAKEHOLDERS)

- a. Stakeholders shall be mindful of their conduct during club workouts, activities, and at races and at all times be respectful to all participants
- b. Stakeholders shall conduct themselves in a manner that will ensure the safety of others and not reflect negatively on the club and its members.
- c. Stakeholders are expected to respect the age, religion, ethnic background, gender, and sexual orientation of other members and are to be mindful that the club operates as a sport and social club. Stakeholders are also to understand that discrimination and/or unwanted continued advances toward other members will not be accepted and that all members have the right to an environment free from all forms of discrimination, including sexual harassment.
- d. Stakeholders are expected to interact with all persons in a manner that avoids behavior that could be construed as discrimination or sexual harassment. Sexual harassment is defined as "unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature."
- e. Stakeholders shall be tactful and refrain from talking negatively about others when interacting with teammates, other running clubs and participants when at club workouts, activities, races, as well as the Internet in public forums.
- f. Stakeholders shall conduct themselves in a manner that will ensure a comfortable, warm and welcoming club environment.
- g. Stakeholders are encouraged to acknowledge the accomplishments and efforts of others, encouraging all teammates and opponents to excel being mindful that stakeholders represent the club as an ambassador to the community at large.
- h. Stakeholders are responsible for ensuring that this Code of Conduct is followed and are expected to report any inappropriate actions or behaviour to a member of the Executive.
- i. Membership and/or contractual agreements may be terminated by a majority vote of the Executives for violations of this Code of Conduct.



SECTION 2

6. TRAINING RUNS

a. Turn-Around (when applicable)

When running as a group, this turn-around recommendation is encouraged. When the faster runners get to a distance ahead of the slowest runner, they turn around at a safe spot and run to the back of the group. The slower runners should continue running along the designated route and the faster runners can then over take and again run ahead and turn around when needed. This enables the group to stick together as a group and ensures that no-one is left behind, regardless of speed.

b. Smoking

The club aims to help promote healthy lifestyle choices to our membership, and therefore is a smoke free club that executes smoke free events.

c. Running in the Dark

When running as a group where lighting is limited or insufficient, members should run with a light and in bright coloured or reflective clothing.

It is the responsibility of the individual to provide a light. Recommended lights include headlamps or simple torches. Due to dark areas and poor lighting, lights are needed to reduce the likelihood of injury and increases a runner's visibility to drivers and other pedestrians. Reflective vests are also recommended.

This recommendation also applies to all members whilst running alone and is geared towards increasing personal safety.

d. Running on Roads

When running as a club, all members will run against the traffic, at a maximum of two wide. When there is traffic on the road; runners will always drop to single file. Where a footpath is available it is recommended that members remove themselves from the road and utilize that option. This recommendation will be implemented at every run. Safety is of utmost importance to the club. Members are advised that running in an unsafe manner will not be accepted by the club at any time.



This recommendation also applies to all members whilst running alone and is geared towards increasing personal safety.

e. Weather

The Club will not allow runners to run in a lightning or thunder storm or during any other hazardous conditions. Any such decision taken to run in these conditions shall be the sole responsibility of the club member.

e. Safety & Medical Emergency Agreement

Pacers Running Club takes the health and safety of our members and volunteers seriously. The aim of the Club is to provide an environment which is as safe as possible for members and volunteers.

I _____ understand the guidelines in this membership Agreement and agree to its terms and conditions.

Member's Signature

Date

Instructions: Please print, initial each page and sign this page and submit with membership payment to an Executive member.