



Welcome Pack

Thank you for joining our club. This pack is made available to all new athletes, coaches, volunteers and officials within the club. It is imperative that you read and abide by all appropriate codes of conduct. If you feel in any way that others within the club are not following these codes of conduct, please contact a committee member as soon as possible with your concerns.

As part of your application to join the club you will be asked to sign up to these codes of conduct.

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Rules of Louth Athletic Club

1. That the Club shall be known as Louth A.C. and have for its objects the encouragement of athletics at all ages and standards and that its members be amateurs to the definition of the England Athletics.
2. That the colours of the club be a white vest with two red horizontal bands and that these must be worn in all competitions.
3. That this club shall comprise members and honorary members and, at the discretion of the committee, other suitable persons. The financial year shall date from 1st April to 31st March.
Subscriptions to be paid yearly by members. Current subscription rates shall be posted on the notice board next to these rules and on the club website.
Voting on club policies and the election of Officers shall be restricted to senior men and women members, plus honorary members. Junior and school age (over 14 years) members may be eligible to vote in the election of junior captain only. No person under the age of eight years shall be accepted as a member of the club.
4. That the management be vested in a committee consisting of elected members. The president, chairperson, vice chairperson, secretary, treasurer and no more than ten members. The president and the committee members shall retire annually, but be eligible for re-election. The committee shall have the power to appoint sub-committees, and have the right to co-opt senior captains and vice captains.
5. The Membership Secretary shall keep a list of members of the club, with the date of entry or leaving or expulsion.
6. That if the conduct of any member is not in keeping with the character of the club or is objectionable to other members, the committee shall have the power to expel him or her. This rule particularly applies to the behaviour of members of the club on winter training nights when, due to the confined space of the indoor facilities, bad behaviour not only stops those who wish to train from doing so, but can also be dangerous. Those persons appointed to take training on behalf of the club will be empowered to warn that member as to his or her future conduct. Further misbehaviour may result in a warning letter to the member/parent or a recommendation, to the committee of suspension or ultimately, expulsion from the club.

7. That a member has the right to a hearing by the committee before it takes any action against him or her.
8. That any member wishing to resign should signify his/her intention of doing so, in writing to the chairperson or the honorary secretary, before the termination of the membership year, or he/she will be called upon to pay his/her subscription for the following season, the resignation will be considered by the committee within one month of receipt.
9. That any member changing his/her address shall give notice in writing to the membership secretary within one month of the change.
10. That the club strongly recommends that members only take part in races promoted under UKA rules.
11. That the team selection shall be the exclusive prerogative of the coaches or committee.
12. That a committee meeting shall be called on the first Monday of each month, or a day to be decided by the committee, should there be no business to discuss, notices will be sent to cancel such meetings.
13. The club would like all junior members who are U13 and above to compete in the Lincolnshire League competitions, at least three track and field or three Cross-Country events. Those who are 10 years and over two events at Lincolnshire League and Cross-Country. The committee feels that this is an important element of the club membership.
14. THESE RULES ARE NOT INTENDED TO ALTER IN ANY WAY THE CONSTITUTION OF LOUTH ATHLETIC CLUB. A COPY OF THE CONSTITUTION MAY BE OBTAINED FROM THE CLUB SECRETARY.

Codes of Conduct

The purpose of a code is to clarify:

- What behaviours are acceptable and unacceptable
- The standards of practice expected
- The basis for challenging and improving practice

The codes are therefore a guide for individuals and clubs to think about, and monitor, how they, and others, conduct themselves in their roles. The codes let everyone know what they can expect from the club, coaches and volunteers, but also what standard of behaviour is expected from club members, athletes and parents/carers.

- [Club Safeguarding Code of Conduct](#)
 - [Coaches Code of Conduct](#)
 - [Volunteer Code of Conduct](#)
 - [Technical Official Code of Conduct](#)
 - [Welfare Officer Code of Conduct](#)
 - [Children and Young People Code of Conduct](#)
 - [Senior Athlete Code of Conduct](#)
 - [Parents Code of Conduct](#)
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Club Welfare Officer Details

The Club Welfare Officer is Leanne Biggs.

You can contact Leanne at ljones_2709@hotmail.com.

The Welfare Officer will:

- Deal with confidential matters that may arise related to athletes and have an understanding and an appropriate way to such matters.
- Responsible for the promotion of codes of conduct to members, parents and young people.
- Receive, record and pass on to the NGB Child Protection officer, any concerns relating to the welfare of young people and vulnerable adults
- To provide advice on the development of activities for young people within the club/organisation.
- Support the registration of all personnel involved in activities for young people with the club/organisation (CRB checks).
- Recognise the difference between poor practice according to club rules and matters that would be seen as welfare issues.

Club Contacts

Contacts for the club are:

Role	Name	Email address
Chairperson	Paul Snowden	paulsnowden2@googlemail.com
Vice Chair	Leanne Biggs	ljones_2709@hotmail.com
Treasurer	Ruth Edison	ruthedison@me.com
Secretary	Mike Benton	mikebenton1@btinternet.com
Membership Secretary	Chris Toll	chrismtoll@gmail.com
Welfare Officer	Leanne Biggs	ljones_2709@hotmail.com

We hope that you enjoy your athletics with Louth Athletic Club. This information has been put together so that all members have a copy of the club rules, the codes of conduct and other details which are important for members to be aware of.

The Club Constitution is available as a download from the club website www.louth-ac.org.uk

We would like our members to know that we are working hard to maintain our "Clubmark" status.