



JP Fitness Cornwall

Club Rules

1. Name

The Affiliated Running Club will be known as JP Fitness Cornwall which relates to the whole business, of which the running club forms a proportion.

2. Objectives

The objectives of the Club are summarised as:

- to promote community participation in healthy recreation by providing facilities for running, fitness classes and personal training;
- to provide achievable and safe sports and leisure activities for those new to exercise or returning after absence or illness.
- to provide challenging and safe sports and leisure activities for those who are seeking to improve their general fitness further or sport specific training for athlete development;
- to provide specialist knowledge and expertise in relation to exercise for individuals with additional needs e.g. pregnant/post-natal ladies, individuals with health conditions that necessitates adapted training regimes
- to encourage participation in races, following the JP Fitness Cornwall motto of "Strive for Progress, not Perfection". Through teamwork and encouragement to complete events members can gain confidence to attempt more events and challenge their own progress within running.

3. Ethos

The Club acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

Our motto is Strive for Progress, not Perfection which emphasises the idea that small steps towards improving oneself makes a good route towards a healthier and fitter future, rather than holding unrealistic ideals and feeling like a failure. We believe in education, participation, encouragement, teamwork and individuality within an athlete-centred environment.

No-one is considered too unfit, too old or not competitive enough to participate in training with us and we believe that exercise is achievable for all.

4. Affiliation

The Club is affiliated to England Athletics to allow its members the benefit of membership of a national body for their sport, and enable further progression within athletics.

5. Club Membership

The Club must keep and maintain a members' list and can make bye-laws establishing different classes of membership. Members and guests will complete an initial health questionnaire (PARQ – Physical Activity Readiness Questionnaire) and disclose any health conditions to the club. These forms must be updated as and when new conditions arise or a change in contact information occurs. These forms will be stored securely according to the Data Protection Act 1998

6. **Admission to Membership**

- Membership of the Club is inclusive and open to all on the prescribed application without discrimination but is not transferable to another.
- A person may appeal against any denial of membership.
- The Committee fix the levels of admission fees and annual subscriptions to be paid by different categories of members.
- Membership shall be subject to payment of the necessary fees for attendance at sessions.

7. **Admission fees**

- Fees are paid per England Athletics AFFILIATION YEAR 1st April – 30th March.
- Joining partway through a year will still incur the full fee and membership will still end on 30th March
- Admission fees have two options, attending member or non-attending member
- Admission fees are paid directly to JP Fitness Cornwall, who in turn, will pay England Athletics for the affiliation fee directly on your behalf.

8. **ATTENDING ATHLETE**

- Athletes are classed as attending if they regularly attend club training sessions, a minimum of 10 session per year.
- Attending athletes will pay £14 for the 2017/2018 year membership. This includes £14 UKA affiliation fee and £0 towards the club.
- All training sessions continue to be paid as singles, blocks or monthly memberships according to the rates at time of purchase.
- Athletes who purchase an attending athlete registration, but do not fulfil the 10 session minimum during their year will be required to pay the price difference before renewing the following year.

9. **NON-ATTENDING ATHLETE**

- To be a registered JP Fitness Athlete you do not have to attend training sessions.
- Athletes are classed as non-attending if they DO NOT regularly attend club training sessions, (less than the minimum of 10 session per year).
- Non-attending athletes will pay £30 for the 2017/2018 year membership. This includes £14 UKA affiliation fee and £16 towards the club.
- Training sessions will be paid as singles, blocks or monthly memberships according to the rates at time of purchase.

10. **Competitive v non-competitive registration**

- Athletes can choose to register as **competitive** – will be entering races/events as a registered athlete; or **non-competitive** – will be attending training and would like to be a registered athlete but will not be entering events/races, e.g. may be a volunteer, out of competition due to injury, pregnancy.

11. **Conditions of Membership**

- The Rules and any bye laws form a binding agreement between each member and the Club.
- The members shall conduct themselves so that the business of the Club is carried out in furtherance of the Objectives and in accordance with the rules and regulations of England Athletics.

12. **Club vests/colours**

- JP Fitness Cornwall club vests should be worn at ALL races where the member has entered under their running club.
- Club vests are available to purchase through the online shop and are NOT included as part of the registration fee.
- Club vests are available in the 2 colours registered with England Athletics – ONLY these colours, (navy with green logo and pink with green logo) will be acceptable.

- If additional coloured vests become available to purchase these WILL NOT be suitable for competition, only for training.
- When entering as part of a team in an event the whole team must wear the same colour vest, as per rule 143 UKA/IAAF rule book.

13. **Guests**

- Members shall be entitled to bring one or more guests to any activity of the Club with the express consent of the Chair or the Secretary.
- The member in question shall be responsible for the acts and omissions of his or her guests and shall be liable to the Club for any loss or damage of any kind whatsoever suffered or incurred by the Club as a direct or indirect result of the acts or omissions of any of his or her guests.
- Guests shall be legally bound by these Rules as if they were a member save that guests shall have none of the rights of membership.
- A guest will be required to pay their fees at the standard rates and complete the standard joining paperwork.

14. **Code of Conduct**

- Members will be expected to uphold the ethos of the club and behave in a way to at all times when participating in training sessions, attending events and at any point when they are wearing their club colours (i.e. representing the club).
- Abide by the code of conduct as set out by England Athletics.

15. **Personal Risk**

- Members and guests accept that playing sport can be dangerous and may result in injury and damage to property. Members and guests shall take personal responsibility for their own actions and participate in the Club's sporting activities at their own risk.
- To the extent permitted by law, the liability of the Club and its Officers to any member is limited to the net assets of the Club.

16. **Complaints and Disputes**

- All concerns relating to the welfare of children or vulnerable adults will be addressed in accordance with the Club's safeguarding policy and procedures. The Welfare Officer shall be the lead Officer on such matters.
- Any complaints regarding the behaviour of members or Officers shall be presented to the Secretary.
- A rejected application or terminated membership may be appealed to the members in General Meeting, to be heard within twenty one days
- If a membership dispute arises, the parties will try to settle it by mediation.

17. **Alteration of the Rules**

The Rules may only be amended by Special Resolution, subject to England Athletics' consent (where required).

18. **Dissolution**

- The Club may only be dissolved by Special Resolution at a General Meeting.
- Any outstanding liabilities of the Club will be fulfilled and any refunding of monies to members will be undertaken by the Treasurer

Agreed by:

Josh Pett (Chairman) 12/7/2017

Jane Pett (Secretary) 12/07/2017



JP Fitness Cornwall