



# Pickering Running Club Welcome Pack

## About Us

We are a friendly group of 40 to 50 runners from across the Ryedale area of North Yorkshire in the UK. It is a twin-based club with a club house in Malton as well as in Pickering. A weekly club training run takes place on Thursday evenings at 7:15pm and in the winter the venue generally alternates between the vicinities of Pickering and Malton (mainly on-road). Summer runs are usually offroad, consult [www.pickeringrunningclub.co.uk](http://www.pickeringrunningclub.co.uk) for venues.

We offer a sociable environment for anyone to get in to running for any purpose. Those interested in joining should ideally be able to run 4 – 6 miles in about an hour, but we never leave anyone behind!

## The Benefits of joining Pickering Running Club:

- Membership of a proud and progressive club
- Membership of England Athletics (often allowing a discount for races.)
- Insurance during club events
- Great social activities
- Access to experienced coaches and opportunities for development
- Competition and running company at your own level
- A warm friendly culture
- A chance to meet others who share your interests and aspirations

## Membership

The Club has an annual membership fee of £ 25.00. The membership pays for England Athletics affiliation, membership of clubhouses and administration. It ensures you are insured and eligible to compete. Memberships are renewed on latest **1st April**.



## **Health and Safety**

We want our members to enjoy their training safely so have risk assessments in place to prevent possible injury. Full details are available on our website.

## **Equity & Diversity Policy Statement**

At Pickering Running Club, we want our club to be as representative as possible of all sections of society and we want each member to feel respected and able to give of their best.

We aim to be a welcoming club which understands and responds to a variety of needs. We respect the rights, dignity and worth of every person and will treat everyone equally, regardless of age, ability, gender, race, ethnicity, religious beliefs, sexuality, or socio-economic status.

We will provide support and facilities for people with disabilities in every way we can within our means.

All members share a responsibility to oppose and challenge direct or indirect discrimination, oppression, abuse or harassment, and to promote equality of opportunity.

## **Welfare Policy**

It is everyone's responsibility to ensure the welfare of all within our sport, and we understand that the vast majority of people engaged in athletics are volunteers and participate because they want to.

We have adopted and endorse the principles of UK Athletics' welfare policies and procedures which incorporate Child Protection procedures.