



CODE OF CONDUCT FOR THE CENTURION RUNNING CLUB WHATSAPP COMMUNITY

1. General

- This code of account applies to all Groups that have been set up as part of this Community

2. Respectful Communication

- Treat all fellow members with respect, kindness, and encouragement.
- Avoid any form of abusive, offensive, or discriminatory language. Bullying, insults, or harassment will not be tolerated.
- Everyone is at a different stage in their running journey—respect each person’s progress and goals.
- Focus on sharing content relevant to running, fitness, health, and well-being.
- Avoid sharing:-
 - Profanities offensive jokes, or inappropriate language.
 - Non-running related content such as political, religious, or divisive topics.
 - Any form of explicit material, violent content, or anything unsuitable for a general audience.

3. Privacy and Confidentiality

- Do not share the personal details (phone numbers, addresses, etc.) of other members without their permission.
- Private conversations should remain private—don’t post or discuss them in the group without consent.
- Refrain from sharing screenshots of group chats outside the community without approval.

4. Encourage and Support Each Other

- This is a positive and supportive space for members of all abilities. Cheer on your fellow members, celebrate their achievements, and provide helpful advice when needed.
- Be inclusive—whether someone is preparing for their first 5k or their next ultramarathon, offer encouragement!
- Negative or judgemental comments are not welcome; focus on building each other up.

5. No Spam or Unsolicited Promotions

- Please refrain from posting unsolicited advertisements or promotions for businesses, products, or services, unless approved by the group admins.
- Avoid sharing unrelated chain messages, memes, or forwards that don't align with this community’s code.

6. Stay on Topic

- Ensure your posts are relevant to running, fitness, or club events. Off-topic messages can clutter the chat and distract from the group's purpose.
- Personal conversations (eg the arranging of lifts, birthday greetings etc) should be kept in direct messages (DMs) to prevent the group from being overwhelmed.
- Keep posts relevant to the Group concerned

7. Follow Admin Guidance

- Our admins are here to help maintain the community's positive spirit and ensure it remains an enjoyable space for all members.
- Please follow the guidance of the admins and respect their decisions regarding group management.
- If you encounter an issue, feel free to report it to an admin privately.
- Most committee members are admins.

8. Unofficial WhatsApp Groups / Communities

- If members wish to set up WhatsApp Groups / Communities independent of the official CRC Community, they should ideally not refer to the Club in the name or description.
- If they do refer to the Club in the name, it should be made clear in the description that they are not official or affiliated with Centurion Running Club regardless of whether the members predominantly belong to the Club or whether the topic concerned originated in the Official Community.

9. Reporting and Consequences

1. If you see any behaviour that violates this code of conduct, please report it to the admins (committee members) rather than engaging in disputes.
2. The admins reserve the right to remove any content or members that do not adhere to these guidelines, after appropriate warnings.
3. Persistent violations may result in permanent removal from the group. Serious breaches may result in exclusion from the Club

Final Note

We're here to inspire, motivate, and grow as runners together. By being a part of this WhatsApp Community, you agree to uphold this code of conduct and contribute to a fun, safe, and informative environment for all Centurion Running Club members.

Thank you for your cooperation, and happy running!

9th October 2024