



STALLIONS TRAINING GROUP

CODE OF CONDUCT

2024/25

CODE OF CONDUCT

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1. DEFINITIONS AND TERMS

"**ASA**" means Athletics South Africa.

"**Code**" means this Code of Conduct and any of its annexures.

"**Stallions Training Group**" refers to a group of runners who train together for personal goals.

"**The Stallions**" means Stallions Training Group West Rand, Stallions Training Group South and any other athletic Training Group with the name 'Stallions Training Group' approved by the Committee.

"**The Training Group**" means an Association or Organisation of runners who are members of The Stallions Training Group.

"**Members**" means any member of the Stallions Training Group.

"**Chairperson**" means the chairperson of the Stallion Training Group from time to time.

"**Executive Committee**" means the Chairperson, Secretary, Treasurer, Vice Chairperson and any other additional member/s.

"**Exco Members**" means the Executive Committee Members.

Wherever the following terms and expressions are used in the text of this Constitution, they shall have the meaning which is hereby ascribed to them.



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2. PREAMBLE

- 2.1 For the safety and continued enjoyment of Members, the Stallions has adopted this Code, which all Members, by agreeing to join and continuing to be Members, are obliged to comply with.
- 2.2 Stallions promote freedom of expression and open communication; however, Members are expected to abide by this Code and conduct themselves respectfully toward their fellow Members.
- 2.3 The components of the Stallions' Code are outlined below and may be amended by the Stallions's EXCO at its discretion from time to time.

3. INTRODUCTION

- 3.1. The purpose of this Code is to provide a guideline for Members on how they are expected to conduct themselves as members of the Stallions.
- 3.2. This Code replaces and supersedes any code of conduct that has been put in place by the Stallions. Any change to this Code shall be communicated to the Members whereupon the Code as amended shall come into force with immediate effect.
- 3.3. This Code shall be subject to the laws and rules in place that govern athletics. In the event that this Code is inconsistent with the applicable laws and rules that apply to athletics, the aforementioned laws and rules shall prevail.
- 3.4. This Code shall be read with the Stallions Constitution and other policies of the Stallions.

4. SCOPE AND APPLICATION

- 4.1. This Code is applicable to all Members.
- 4.2. All Members are required to be conversant with and abide by this Code and any amendments or additions to it that may take place due to changing circumstances.



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5. KEY PRINCIPLES

5.1. Respect for All Members.

- a) Treat all club members with kindness, respect, and courtesy.
- b) Support and encourage fellow runners regardless of their pace, experience level, or goals.

5.2. Inclusivity and Diversity

- a) Welcome individuals of all backgrounds, ages, genders, and abilities.
- b) Foster an inclusive environment where everyone feels valued and respected.
- c) Make new members feel included and welcome at club runs either by running/walking with them on their first training session with the club or by introducing them to similar-paced members so that they can learn the route and meet teammates.

5.3. Safety First

- a) Adhere to all traffic laws and running route regulations.
- b) Run on designated paths or sidewalks whenever possible and stay alert to your surroundings.
- c) Inform others of hazards or obstacles on the route.
- d) Wear appropriate clothing and gear for visibility and safety, especially in low-light conditions.
- e) Try to avoid running alone at training runs, especially in quiet areas or in low-light conditions.
- f) Report any injuries or incidents to Stallions leadership promptly.
- g) Look out for each other on training runs and make sure everyone is safe, knows the route, and finishes the session.



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5.4. Punctuality and Reliability

- a) Arrive on time for scheduled runs and events.
- b) Communicate with the Coaching team if you are unable to attend a session you committed to.

5.5. Personal Responsibility

- a) Maintain your own physical fitness and be mindful of your health limitations.
- b) Carry necessary personal items, such as water and identification.

5.6. Positive Attitude

- a) Approach runs and events with enthusiasm and a positive mindset.
- b) Encourage and celebrate the achievements of fellow runners.

5.7. Environmental Stewardship

- a) Respect the environment and community spaces by not littering and leaving no trace.
- b) Follow the principle of "leave it better than you found it."

5.8. Participation and Engagement

- a) Engage in the Stallions activities and volunteer opportunities whenever possible.
- b) In the spirit of teamwork and giving back, Stallions members are expected to help and volunteer a few times a year.
- c) This includes but is not limited to assisting with waterpoint duty, marshaling, time-keeping, and supporting other club events.
- d) Provide feedback and suggestions to help improve the Stallions's activities and operations, and assist with implementing suggestions where possible.



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6. SOCIAL MEDIA

- 6.1 Comments made on the Stallions' social media pages, such as Facebook, Instagram and/or Twitter, should not be abusive, offensive, or derogatory, and if they are, the Stallions appointed administrators of such pages may delete any such post and exclude the author from participating further on such pages.
- 6.2 Should it be evidently substantive that such remarks and comments brought the Stallions into disrepute, further disciplinary procedures will be undertaken.
- 6.3 The Stallions recognise that many runners make use of social media in their personal capacity. While they are not acting on behalf of the Stallions, Members must be aware that they could risk damaging the Stallion's reputation if their posts or comments on social media are inappropriate.
- 6.4 Members are, therefore, required to ensure that they are cognisant of that fact and mitigate any such risk from materialising in their interactions on social media.

7. DOCUMENT CONTROL

- 7.1 This Code, including all of its supporting and/or related processes and documents, shall be reviewed every three (3) years by the accountable team member within EXCO to determine and to assess, amongst others:
 - a) the Code's alignment with Stallions's objectives, values and applicable best practices; and
 - b) the Code's relevance to the athletics environment.

8. COMPLIANCE WITH THE CODE

- 8.1 Where a Member is suspected of breaching this Code, an internal investigation will be undertaken and, depending on the outcome, disciplinary action may be taken against the offending Member.



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- 8.2 Any disciplinary action taken against the offending Member may include an invitation to attend a disciplinary hearing, which shall be presided over by the Stallions' chairperson or his/her nominated delegate and two other members of the club whom EXCO shall appoint.
- 8.3 Disciplinary action may include a warning, suspension or expulsion from the Stallions or any of its communication platforms. The sanction to be applied for any offence shall be determined by the disciplinary panel based on the facts of each case with due regard to the laws of natural justice.

9. APPROVAL

This document has been approved by:

NAME	TITLE	DATE	SIGNATURE
	Chairperson	25 August 2025	
	Secretary	25 August 2025	

