



Urban Swaras
Running Club

RULES AND REGULATIONS OF THE URBAN SWARAS RUNNING CLUB

The Urban Swaras running club is a voluntary recreational and social running Club. These rules and regulations are for good order and management of the Club and are to be read together with the Constitution of the Club. While the Management of the club shall take all necessary steps to ensure safety of all its members, it is understood and accepted by all the members that they participate in club runs and activities voluntarily and at their own risk and must take necessary measures to ensure that they are in robust health for the runs and events of the Club and take due care and precaution while running on open roads and trails.

1. The Annual Membership fees shall be paid by the members by the end of January each year.
2. The Subscription fees shall be paid quarterly in advance and not later than the 15th day of the first month of the quarter in respect of which the subscriptions are due.
The quarters start in January, April, July and October in every year.
3. Members not current with their payments and non members attending Club runs or events shall pay guest fees for each run or event.

In order to ensure compliance and enforceability, any member whose guest fails to pay the requisite guest fees shall make that payment for that guest by having the fees debited in the subscriptions account of that member.

4. Each member shall be provided with the Constitution of the Club and with these Rules and Regulations **BEFORE** registration and payment of Annual Membership and Subscriptions.
5. All members shall sign these Rules and Regulations to signify their acceptance of them and also forms of indemnity absolving the Club from all forms of liability in the course of their runs **BEFORE** their names are endorsed in the register of members.



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6. All Members shall be required to obtain through the Club and if lost, to replace a road safety identification (ID) wrist bands upon payment of membership dues each year primarily for their own safety and for the promotion of the Club.
7. No member shall be exempted from recording basic vital information in the information register of members which shall include but not be limited to contacts of next of kin, blood group, known allergies and medical conditions.
8. **Members shall not litter** in any of the runs and events of the Club.
9. No member will organize or attend a run or an event in the name of or on behalf of the Club, without the express authority of the CRE Committee obtained through the Chairperson and in the absence of the Chairperson, through the Secretary or Treasurer.
10. As much as possible, Club Members are encouraged to wear Club T-Shirts to running competitions locally or internationally that they participate in, either as runners or supporters of runners for visibility and promotion of the club's brand.
11. Each member or guest attending a run or an event of the Club must pay weekly running facilitation fees, which will cover the cost of breakfast and /or parking fees. The amount for breakfast will be communicated to the members by the Secretary. Members take **Note and appreciate that such an amount covers host charges for vehicles security, use of personal convenience facilities including freshening up and as a courteous nominal compensation for using their premises.**
12. All members shall dress appropriately and modestly for Club runs and during Club events.
13. For safety, members are discouraged from listening to music or other forms of entertainment during Club runs that may impair their alertness and awareness of their immediate environment or impede their ability to hear safety warnings from vehicles and other road users.



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14. Whist this is a social running club, all members shall refrain from unwanted advances on other members and there shall be zero tolerance of any reported and proved sexual harassment incidents.

Any member who is alleged to have broken any of these Rules and Regulations will be subjected to disciplinary proceedings before a Disciplinary Sub-Committee made up of two [2] member of the CRE Committee and three (3) ordinary members of the Club appointed by the CRE Committee.

At least two (2) members of the Sub Committee shall be of the other gender. The decision of the Sub Committee shall within fourteen (14) days of being rendered be ratified by the CRE Committee which may in its absolute discretion uphold or reduce the punishment.

I do hereby confirm that I have read and understood these Rules and Regulations of the Club and do hereby undertake to abide and agree to be bound by the same.

I further confirm that I will voluntarily participate in all Club runs and events and shall not hold liable or bring any claim against the Club for any harm or injury on my person whatsoever and I shall indemnify and hold harmless the Urban Swaras Running Club, its officials, members and employees from and against all allegations, claims, actions, suits, demands, damages, liabilities, obligations, losses, settlements, judgments, costs and expenses (including without limitation attorneys' fees and costs) from my self, personal successors and or representatives and assigns arising out of my aforesaid participation.

Name:

Signature:..... Date:

ID/passport NO: