



## **OUR RULES & CONSTITUTION**

### **1. INTERPRETATION**

This document is written for the benefit and guidance of the members of our club and we encourage all those who refer to it to do so with an open and positive mind, always looking to do the right thing in the best interests of our club and its members. That said, our Rules and Constitution are subordinate to the current version of the UK Athletics Rules for Competition, and UK Athletics and England Athletics Policies and Procedures and any interpretation of our document must always take account of the rules contained in those documents.

### **2. OUR CLUB**

- a. Our club's name is **COLCHESTER AND TENDRING ATHLETIC CLUB** and will be referred to in this document as 'our Club'.
- b. Our Club colours are **BLACK**.

### **3. OUR CLUB'S PURPOSE, VISION & AIMS.**

The purpose of our Club is to constantly strive for success and enjoyment in athletics.

#### **We shall aim to:**

1. Provide opportunities for all who take part to achieve their potential in a caring, enjoyable atmosphere;
2. Promote success along a clear pathway from grassroots to world-class performance standards;
3. Contribute to the health and well being of our local communities in a way that is a model of social responsibility and inclusion;
4. Build relationships on the basis of trust and mutual respect.

#### **To achieve our vision we will:**

1. Successfully compete in and promote athletics from grass roots to world class standard for men and women and young people at all ages and abilities.
2. Recruit, develop and support our athletes, coaches, officials and volunteers so that they may achieve their potential.
3. Make our club welcoming to all and fun to be a part of.

4. Ensure the highest possible standards of safety and welfare.
5. Excel in running our club.
6. Market our club extensively.
7. Ensure financial security.
8. Contribute to the health and well being of our local communities.
9. Build relationships with local organisations.

#### **4. MEMBERSHIP**

- a. Ours is an open club. All individuals, regardless of difference of ability, background, race, religion, gender, age and personality are of equal worth and have equal entitlement to consideration for membership of our Club and, once accepted as members, to all the advantages and facilities that our Club can offer.
- b. All our members will be subject to our Rules and Constitution and by joining the club will be deemed to accept our rules, policies and procedures and other codes of conduct that the Club has adopted.
- c. Our athletes will be amateurs, as defined by UK: Athletics Rules for Competition.
- d. Applications for first and second claim and Higher Competition club membership will be considered and, on payment of the appropriate fee, may be accepted in accordance with UK Athletics Rules for Competition.
- e. Membership will be payable annually at the date of renewal of membership, or by a person joining the club.
- f. A member may resign in writing in accordance with UK: Athletics Rules for Competition, initially to our Membership Secretary, but a resignation may not be accepted if the member is financially indebted to our Club.

#### **5. MANAGEMENT**

- a. Our Club will be managed by our voting Management Committee of Chair, Vice-Chair, Secretary, Treasurer, Welfare Officer and four other committee members who will be accountable to our members for the affairs of our Club. A non-voting Honorary President will also be elected at an AGM to provide suitable oversight.
- b. Our Management Committee shall have the power to fill any vacancies that may arise and may co-opt others to the Committee to serve ex officio. They may also appoint others to co-ordinate and manage areas of our Club's activities. Such people will be accountable to our Management Committee for their areas of responsibility and may appoint others to.

Any members of the club (including current committee members) will not be eligible for election / be allowed to stand on the committee if they are subject to an unspent disciplinary procedure / formal warning from the club (as detailed in the Privacy Policy); or England Athletics, UKA, the Police or Social Services have concerns. In exceptional circumstances or for relatively minor concerns this rule may be waived. Those proposing or seconding a member are asked to ensure the member is not subject to any disciplinary procedure or concerns as detailed above work with them.

- c. Our Management Committee will meet on at least 4 occasions each year and the quorum for business to be conducted will be three voting members.

## **6. GENERAL MEETINGS**

- a. Our Management Committee will provide 28 days notice of an Annual General Meeting (AGM).
- b. The clubs committee will be elected at an AGM which will be held on one of the first two Wednesdays of November. All retiring committee members will be eligible for re-election without limit in terms of years of service in their current post.
- c. A Special General Meeting (SGM) may be called by our Management Committee, or by our Secretary on receipt of a written request signed by at least a third of our members, stating the reason why such a meeting is required. The SGM will be held within 28 days of the request and at least 14 days notice of the meeting given to members. Only the business at hand may be discussed at the meeting.
- d. Voting at an AGM and SGM will be on the basis of one member, one vote, with those over 14 years of age eligible to vote in person. A member may vote by way of a proxy when (i) the member is unable to attend the meeting; or (ii) the member is aged under 14 years and consents to their parent or carer voting in their place. A member who wishes to cast their vote by proxy will present a signed consent to our Club Secretary before the start of the meeting, containing the member's name and that of the proxy and the relevant agenda items for which the proxy will vote.
- e. All members motions or concerns to be discussed at an AGM must be presented in writing to the Secretary on the appropriate form, suitable notice being given.
- f. Changes to this document may only be made by more than thirty percent of our members voting at an AGM or SGM.

Any documents appended to this document may be added to, removed or amended at the discretion of our Management Committee.

## **7. DISSOLUTION**

- a. A resolution to dissolve our club can only be passed at AGM or SGM through a majority vote of the membership, either present or by proxy vote, as defined at Rule 6.d above.
- b. In the event of a dissolution, any assets of the club that remain will, in the event of merger or like occurrence, become the property of the club formed by the merger or like occurrence, or in the event of a complete dissolution the charity 'Cardiac Risk in the Young'.

AGM Approval 12.1.2023

Signed..........Chairperson