

## **Rules for using Elvet Striders Facebook group**

### **Moderation**

Elvet Striders (ES) is moderated but committed to encouraging free flowing conversation and will therefore keep intervention to a minimum. However, where we believe posts or comments to be obscene or anything that breaches the equality act and therefore could be considered discrimination towards the protected groups (age, disability, sexual orientation, race, religion, gender etc.) and anything that could be considered a hate crime or bullying / harassment / victimization will also be removed. These types of posts could lead to investigation and formal action (ie report to committee/ police etc). If you see a post which you think contains any of the above, please report it to an Admin as soon as you can.

### **Elvet Striders Rules**

ES asks that you are courteous when posting on this forum. This group is all about sharing information, celebrating successes (and the occasional DNF!), informing each other of events and so on. Sometimes threads get 'chatty' and it can be hard to convey the tone in which your comment is intended and occasionally messages can be misconstrued.

- 1) We intend to remain a respectful and friendly club, please remember that when responding to a post, and please only be helpful.
- 2) Don't make offensive personal remarks about any individuals, including members of the admin team and the club committee, don't forget this is a public forum! If you wish to respectfully challenge the actions of the committee or an admin member, please do this via email or private messaging. Admin team members will not tolerate any level of harassment either publicly on the group or via private messaging.
- 3) Admin reserve the right to remove any post/thread it deems potentially libelous or likely to cause problems for other members.
- 4) Please don't swear. If you're not sure if it's swearing, then probably best not to post it.
- 5) Advertising of services or races (by the race director or company) is by prior consent only. Elvet strider members can of course post links to races.
- 6) Please note that administrators of this group will remove any post deemed inappropriate for this forum. Posters will be informed by private message (if possible) as to why their post has been removed.

7) The admins reserve the right to remove a member from this forum if they persist in contravening our rules. ES has a strict 3 strikes policy. If members contravene our rules 3 times, they will be suspended from the group and if necessary may be banned permanently. In some circumstances members may be removed immediately and an investigation of their conduct initiated.

8) Please be aware that ES takes NO responsibility for any advice given or followed by members. You may notice us putting disclaimers on medical posts this is for your protection and ours. Please contact a healthcare professional if you are concerned about injuries.

9). Please be aware that you are posting to a large audience and as such comments may become public.

10) Current Facebook group settings means blocking of other members will result in them not being able to see any posts that the blocker makes and the admins will not be able to comment on that post if also blocked. This means that some members through no fault of their own could be excluded from participation in runs, socials and club discussions. This is unacceptable. If you feel you must block someone then the onus is on you to not start any posts on the group. Anyone ignoring this rule will result in your posts being deleted and you risk being removed from the group. Any member who blocks any member of the admin team will be removed from ES without notice.

11) Members who run businesses must not message any ES member to try and sell them products or introduce them to their page/business unless they are specifically asked by that member to do so. We ask any member receiving such unsolicited messages to report it to an admin as it will result in a strike against that member.

12) If you are responding to another member's post, we ask that you declare any connection with any product or service that you recommend or make reference to. So, for example, if a member is looking for gait analysis recommendations and you work for the company you recommend you must please declare that interest.

**REMEMBER: WHEN YOU POST OR COMMENT ON ES YOU ARE AGREEING TO OUR MEMBERSHIP RULES.**