

Lliswerry Runners Social Media Guidelines V4 31st July 2020

The following safeguards are recommended to protect members from misuse of social media and to encourage mutual respect between its users. **In this context, social media covers Facebook, Twitter, Instagram & any similar applications as well as applications which record training information such as Strava.**

Social Media Accounts & Administration

All club social media should be administered by an elected Club Officer or someone on their behalf and co-administered by the club's Welfare Officers.

Social media accounts which are not administered by the club should not bear the club's name or logo and (if they include multiple members) are requested to state that are not protected by the Club's Constitution, Code of Conduct and Social Media Guideline.

The Lliswerry Runners Facebook Page will be used for all official club notices, including those relating to events organised by the club. Non members should be encouraged to "like" and follow this page as their primary source of information about club activities.

Club Facebook Groups should be used for communication between **adult** members only (not juniors). **None of these are to be visible or accessible to non members.** Requests to join these groups will be checked against an up-to-date members list before being authorised or refused. For junior members, parents/guardians will be advised to use specific dedicated Groups, also administered by Club Officers and Welfare Officers.

Members wishing to open accounts representing the club should receive authorisation from the committee before launching. **These should be kept to an absolute minimum to allow monitoring by the Club Welfare Officers.**

Social Media - Do's & Don'ts

Do - think twice before posting. If you wouldn't want your employer, parents, friends, colleagues or future employer to see your post, don't post it.

Do - remember to be respectful and positive. Treat others the way you would like to be treated.

Do - respect the many different people across a wide age range who will see your posts

Do - be in the right state of mind when you make a post.

Do - consider if you wish for your information to be public or private (selected contacts only)

Do - be vigilant about receiving likes/kudos etc from people you don't know as this has been known to be associated with "grooming"

Don't - post when you're angry, upset, or your judgment is impaired in any way. Remember, the internet is permanent!

Don't - post inflammatory, extraneous, objectionable or off-topic messages that may provoke others into an emotional response (trolling/flaming).

Don't - post topics that may be controversial, like politics and religion.

Don't - post anything that you wouldn't say openly in a workplace such as comments about drug use, profanity, off-colour or sexual humour, ethnic slurs, or personal insults.

Don't - accept friend requests from people you don't know.

Don't - share location information if running the same routes/same time/same day as it increases vulnerability to crimes such as attack or theft.

Authority Of Our Welfare Officers

The Club's Welfare Officers shall reserve the right to delete any inappropriate post or comment within any club forum, without warning or notice.