

## **Runspire Nottingham WhatsApp Group Policy**

### **1. Purpose**

The Runspire Nottingham WhatsApp group is intended to facilitate communication, coordination, and support among members of our running community. It also serves as a platform for promoting social events that strengthen our community spirit. The group aims to create a positive, encouraging, and inclusive environment for all members.

### **2. Group Guidelines**

#### **a. Respectful Communication**

- Treat all members with respect and kindness. Abusive, discriminatory, or offensive language will not be tolerated.
- Constructive feedback is welcomed, but please avoid harsh criticism or negative comments.

#### **b. Relevance of Messages**

- Messages should be relevant to running, training, events, social activities, or topics directly related to Runspire Nottingham.
- Please feel free to add “general chat” that members may enjoy as before, and share things that may inspire and enhance their day.
- For unrelated conversations, consider using direct messages instead of posting in the group.

#### **c. Privacy and Confidentiality**

- Do not share personal contact details or private information about other members without their explicit consent.
- Respect the privacy of group discussions by not forwarding messages outside the group unless permission is given.

#### **d. Social Events Promotion**

- Members are encouraged to promote social events that build community, such as group meals, celebrations, or other activities outside of running.
- Ensure that social event promotions are inclusive and welcoming to all members, with clear and organised details.
- Avoid promoting events that could create division or exclude certain members of the group.

#### **e. No Spam or Unrelated Promotions**

- Please refrain from posting adverts, promotions, or business-related content not relevant to the group.
- Things that help promote a charity and benefit others or similar are more than welcome. Such as charity items for sale.
- If you believe a post might benefit the group (e.g., discounts on running gear or local events), please consult the group before sharing.

#### **f. Chat Timing**

- Please keep group chat between the hours of 8am and 10pm. This helps to respect everyone's time and avoid disturbances outside of these hours.
- For urgent matters outside of these times, consider messaging individuals directly.

#### **g. Group Size and Notifications**

- Be considerate of the number of messages you send, particularly during busy times, as group notifications can become overwhelming.
- Use the "mute" function if you wish to limit notifications without leaving the group.

#### **h. Photos and Media**

- Share photos, videos, and media that are appropriate and relevant to the group's purpose, including from social events and runs.
- Ensure that any photos or videos of others are shared with their permission.
- Photos of events or sessions posted on the group maybe used to help promote the charity on social media and promotional materials.

#### **i. Positive Environment**

- Encourage and support fellow members, especially during their training, races, and social engagements.
- Avoid posting content that could create a negative or divisive atmosphere within the group.

### **3. Self-Moderation**

- This is a self-moderated group, meaning that all members are responsible for upholding the group guidelines and fostering a positive environment.

- If you observe behaviour or content that does not align with these guidelines, consider addressing it respectfully with the individual or within the group.
- If further intervention is needed, please contact Paul Hopkins.

#### **4. Reporting Issues**

- If you encounter any issues or feel uncomfortable with any posts or behaviour in the group, consider raising your concerns directly and respectfully with the individual involved or contact Paul Hopkins directly.

#### **5. Consequences for Violating Policy**

- Minor infractions should be addressed through respectful discussion and peer feedback.
- Repeated or serious violations may result in collective agreement to remove a member from the group if necessary. This decision should reflect the consensus of the group, with a focus on maintaining a positive and inclusive environment.

#### **6. Leaving the Group**

- Members are free to leave the group at any time. If you wish to rejoin later, ask any current member for an invitation.
- If you plan to leave due to concerns, consider discussing them with the group first, as we value feedback to improve the group environment.

#### **7. Updates to the Policy**

- This WhatsApp policy will be reviewed periodically and may be updated as necessary. Members will be notified of any changes, and continued participation in the group implies acceptance of the updated guidelines.

By following this policy, we aim to create a supportive and enjoyable experience for all members of Runspire Nottingham, both in running, walking, Nordic walking, and in building lasting social connections. Please note that Paul Hopkins working hours are Tuesdays and Thursdays between 9am and 5pm.