

Crowborough Runners

Social Media Guidelines for Club Members

These guidelines are being issued as suggestions and not as hard and fast rules. This is because the Club encourages the use of social media as a means of communication between members and in terms of promoting the interests of the Club, however, as with most things, there are certain pitfalls that need to be avoided.

Why?

Well, we have all done it; had a really good race or training run, or alternatively things have not gone so well. The adrenaline and endorphins are flowing, or the red mist is rising, and you need to get it off your chest, say something, tell someone, let off steam.

Today it is all too easy as most of us have “friends” immediately to hand, be they on Facebook, Instagram or on any number of social media sites. So you say what you want, press send or share, and it’s out in the ether.

The main pitfall is that you have no control over where your thoughts may eventually end up. It is possible that what you send or post, even to your “friends”, could potentially become public. Your thoughts are out there forever, even if you delete the original post. You don’t know who may find what you say offensive, or not take what you say in the spirit in which it was intended. To think about it after the event is too late, even if you do post a retraction or an apology.

What Should I Do?

The Club asks that before you make a post you ask yourself:

- Am I happy for what I say to be seen by anyone and everyone? This should include your parents and your grandparents?
- Is what I am saying clear and understandable, or could someone misinterpret my message and get upset or draw the wrong conclusions?
- Would I say this face-to-face to another member of the Club or a competitor?
- If my post was to appear somewhere where I didn’t intend it to go, would I be happy about it?
- Does what I am going to post promote the best interests of the Club and reflect me, other Club members and the Club in a good light.
- Where appropriate, have I made it clear that these are my own views and not those of the Club?

If the answer to any of these is no, take a deep breath and modify what you want to say, or don’t say anything at all.

In Conclusion

On a more serious note, the Committee has a responsibility to ensure that the best interests of the Club are served by the Club’s members at all times and it is able to take appropriate action when this is shown not to be the case. It is for this reason that it is encouraging members to abide by these guidelines. As Club members we need to remember that we are ambassadors for the Club and the sport of running. The way we act will encourage others to join and enjoy the physical, psychological and social benefits the sport of running brings with it.

What you post and how you post to social media can be interpreted as an extension of your personality.

All runners are nice people, so let us make sure everyone knows and understands that.