



Inverness Harriers Social Media Policy

The purpose of this policy is to set good standards of behaviour for all Inverness Harriers Club members' use of Social Media. The policy is based on Governing Body recommendations and advice and is aligned to our overall Code of Conduct to help us act as responsibly online as we would in person. Specific guidance is included at the end.

Social Media is any tool or service that facilitates conversations over the internet. Social Media applies not only to traditional names, such as Facebook® and Twitter, but also applies to other platforms which you may not think of as Social Media such as, YouTube™, Flickr™.

Finally, even though this policy is written in a chatty style, it's an actual policy. That means if you don't use the principles laid out below when you are on Social Media you could face consequences so please read this policy and make sure you understand it.

Protect fellow athletes

When you use Social Media you should try and build relationships but you should also be aware of what shouldn't be made public. For example, any athletics stadium you visit when competing in events will have strict rules regarding taking photographs in the changing rooms so if you took and shared inappropriate changing room photographs on Social Media you could get yourself into trouble. Once you mistakenly post something like that on a Social Media platform, it is extremely hard to take it down completely.

Follow the Law, Follow the Code of Conduct

Social Media lets us communicate quickly and our message can go viral in seconds. This makes it difficult to fix an unkind message sent in the heat of the moment (about a team mate or coach say) or an inappropriate photo once it's been shared. So we should all be careful of how our posts could be interpreted and who may see them. The best thing to do is avoid publishing anything other than positive comments about team mates, other clubs, their athletes, coaches or officials. If you do talk about others, make sure you seek their permission, don't say anything that would affect their right of privacy, and make sure photos are appropriate - double check your posts before you share them.

Be Responsible

Make sure you're using Social Media conversations the right way. The Club's Code of Conduct reminds us to treat others fairly and kindly and this includes anything written on Social Media so if you see something being shared related to the Club on a Social Media platform which shouldn't be happening, immediately inform our Welfare Officer. And always remember that anything posted on Social Media can go viral, no matter what your privacy settings may be, so be sure you're only posting content you would feel comfortable showing up in your employer's or friend's inbox, your parent's Twitter feed or the front page of the newspaper.

Specific guidance

Coaches

Should a young person in your club request to become a named friend on your social networking site or request that you become a named friend on the young person's social networking site you should decline because you are in a position of responsibility in respect of that child.

If you have children that compete in the club and share social networking sites, to ensure wellbeing of your child you should inform the club Welfare Officer and not have direct contact with other athletes through the social networking site.

If you are a coach aged 18 -21 it is recognised that you will have been an athlete before becoming a coach and are friends with current athletes some who may still be 16 or 17 years old and may still have their contact details. In these circumstances the young coach is advised to inform the Welfare Officer and head coach. The head coach should make every effort to ensure the coach is not the primary coach for those young persons except on an occasional basis.

Inverness Harriers members under the age of 18

Do not ask your coach to be your social networking site friend - they will refuse as it would be breach good coaching practice and Scottish Athletics guidance. This applies to Facebook and instant messaging sites such as Instagram, WhatsApp and Snapchat.

Never share pictures of yourself or your friends that might reach other people that you do not wish to see them. Also never post or send photographs, video or make comments that may be:

- Hurtful, untrue and upsetting and you may regret sharing later on
- Used by other people in a way you did not intend or want

If you are unsure of what is expected of you please feel free to speak privately to Charlie Forbes as Welfare Officer.

Parents of Inverness Harriers members under the age of 18

Parents should be aware that the Club expects your use of Club-related social media must be within the same ethical standards that Club members are asked to follow.