

RFRC Committee Meeting

MINUTES

8:00pm Wednesday 3rd August 2022

Kings Arms

Present: Simon D (Chair), Peter, Joanna, Rob, Linda, Sam, Helen

1. Apologies

Simon R, Chris, Michelle, Brian, Dave, Sandra, Ola

2. Review actions from last meeting

- List of current first aiders – ongoing (Sandra)
- Supply of car stickers – Dave to work with Linda to design and source - ongoing
- Update committee page on website – ongoing (Ola)
- Promote Cream Tea Caper (Sandra) – done but race cancelled
- Review Safeguarding Code of Conduct - (Dave) – no update
- Put together small team to organise Christmas/New Year party (Simon D/Sam) – Sam has agreed to organise a new year party at Oake Manor
- Arrange handover of kit to Joanna (Simon D) – done
- Recruit new Club Captain (Simon D) – Simon will forward role description to Rob who will consider taking it on
- Recruit new Marketing & Comms manager (Simon D) – ongoing
- Take over Instagram account pro-tem (Joanna) – done. Simon D will look at linking the facebook and Instagram accounts.
- Propose kit stock order (Joanna) – order sent
- Send Wednesday check in info to group leaders (Sandra) – Not sure this is happening, Linda volunteered to help. Simon D to check with Sandra
- Give Ron Foord access to leaders app (Ola) – done
- Speak to Martin Webb re memorial run (Peter) – done, follow up meeting to be held to consider venue etc,
- Promote LiRF to regular group leaders (Sandra) – ongoing
- Book venue for next three meetings (Sam) - done
- List of email forwarders (Ola) – done
- Promote Welfare Officer roles (Dave/Sandra) – ongoing
- Complete Time2listen course (Sandra) - ongoing

3. Dogs on club runs

Peter reported that one of the TRT leaders wished to take his dog on a run he was leading. On investigation EA insurance would be valid but only if the run was entirely off road. Following discussion it was agreed that occasional separate runs open to dogs would be acceptable provided they were advertised as 'dog friendly' and were completely off road (in practice this means on the Quantocks or parts of the Herepath). Peter will create a policy and inform the leader in question.

4. Meet the Committee Articles

Helen reminded the committee that the articles written during the pandemic had been well received and suggested the newer members of the committee might like to follow suit. Rob agreed to write the first.

5. Collaboration with local college

Helen proposed a collaboration with the fashion and textile course at Bridgwater and Taunton College to look at innovation in running clothing. After discussion Helen agreed to contact the college and Linda to discuss with her contacts at Flanci.

6. Frequency of track sessions

Simon explained that some of the faster runners would like to see more sessions at the track. Peter noted that the numbers on Monday seemed to be reducing. Rob reported that there had been some adverse feedback on the content of the non-track sessions. Peter suggested that we need a coaching strategy which would identify what we were trying to achieve at the Monday sessions and who the target audience is. This then needs to be communicated to the members. Simon D will discuss with Sandra.

7. Wednesday group numbers

Simon D noted that group numbers seemed to be quite low (apart from group 7), although today had seen an increase. It was noted that we have nearly 300 members and it is not clear why such a small proportion seemed to come to Wednesday runs. It was observed that TRT popularity was increasing and a lot of members may use Tuesday as their weekly club run. Simon D will continue to monitor.

8. Risk assessment actions

None of the committee members with actions (Dave, Michelle & Sandra) were present to report.

9. Herepath Helf update

Ola was not present to report.

10. AOB

- Linda suggested reviving the club time trial. Simon D & Rob will consider.
- Sam reported that the club BBQ had been a big success although no other committee members had attended
- Simon D reported that Chris had decided to step down from the committee
- Some ideas for new committee members were discussed and Simon D will follow up.

11. Date of next meetings

5th October

7th December

Action	By whom	Deadline
List of current First Aiders	Sandra	Next meeting
Design & source supply of car stickers	Dave/Linda	Next meeting
Update committee page on website	Ola	ASAP
Review Club Safeguarding Code of Conduct	Dave	Next meeting
Propose New Year party	Sam	Next meeting
Pass Club Captain role description to Rob	Simon D	ASAP
Recruit new Marketing & Comms Officer	Simon D	Ongoing
Discuss Wednesday check in info with Sandra	Simon D	ASAP
Meet with Martin Webb re memorial run	Peter	ASAP
Promote LiRF to regular group leaders	Sandra	Next meeting
Promote Welfare Officer roles	Dave/Sandra	Next meeting
Complete Time2listen course	Sandra	Next meeting
Look at merging Instagram & facebook accounts	Simon D	Next meeting
Dogs on club runs policy	Peter	Next meeting
Meet the Committee article	Rob	Next meeting
Collaboration on innovative running clothing	Helen/Linda	Next meeting
Discuss coaching & track with Sandra	Simon D	ASAP
Risk assessment outstanding actions	Sandra/Dave/Michelle	Next meeting
Herepath Half update	Ola	ASAP
Consider club time trial	Simon D/Rob	Next meeting
Follow up committee member suggestions	Simon D	Next meeting