

BC Endurance Forum Rules

A simple statement of purpose: The BC Endurance Forum is a safe place for virtual discussion of topics related to the goal of enhancing your health and fitness with the help of the BC Endurance community. Forum discussions are accessible to program members only.

Forum Rules. In the interest of maintaining a safe place for discussion, all participants will agree to the following forum rules. And to abide by the decisions of the forum moderator in enforcing those rules.

- Always be nice to others.
- No swearing, hate speech, rudeness, aggressive or offensive behavior of any kind.
- No sexual harassment or innuendo of any kind.
- No spamming. Unless given permission by the director or the moderator, no distribution of material in an effort to promote a business interest is allowed.
- Do no harm. If you feel a surge of negative emotion in response to a post, take 12-24 hours to carefully consider your response.
- Limit personal profiles to who you are as an endurance athlete. Nobody needs to know what religion you believe in or which politicians you support.

The consequences of rule violations are listed below. The moderator will monitor the forum and communicate directly with athletes where violations of our rules are suspected.

- **Minor Violation of a Rule.** You will be allowed two official warnings before receiving a ban for the same violation.
- **Moderate Violation of a Rule.** You are allowed one warning before receiving a ban for the same violation.
- **Major Violation 1 of a Rule.** Will typically result in a short temporary ban without any warning.
- **Major Violation 2 of a Rule.** Will typically results in a long temporary ban without any warning.
- **Major Violation 3 of a Rule.** Will typically results in a permanent ban without any warning.