



ASSOCIACIÓ KEEP CALM BARCELONA

DRAFT

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WHAT KEEP CALM CORE IS

Core is the backbone of Keep Calm: the members who have stuck around, show up across our activities, give back, and help the community grow. Barcelona is a city of transient faces, people show up, take what they need, and disappear, often within a season. Core is our answer to that: a group of regular, familiar people worth investing real time and energy in, because they won't just vanish.

Core isn't tied to any one sport. It brings together the members who keep showing up across all of Keep Calm's activities, so they can build real friendships, stay in touch beyond individual events, and help shape where Keep Calm goes next. Every Keep Calm activity and group, Core included, is 18+.

It's a calmer, smaller space, not a status symbol. Core isn't about being "better" than anyone, and it isn't a reward you apply for and tick boxes toward, most Core members are already obvious to everyone around them long before they're actually invited.

HOW YOU BECOME CORE

Core is earned over time, then confirmed by the organiser team, there's no application to fill in. Four things describe a Core member. They're a guide for a judgement call, not a rigid scorecard, but all four should genuinely be true.

Time

An active member for at least 6 months. Core members are familiar faces, not newcomers, and not just here for a season.

Participation

Joined at least 5 Keep Calm events, genuinely spread across the community rather than all in one sport. A few socials, or trying a different sport or two, count toward this the same as your home sport does. Being brilliant at running one sport is real Contribution, but on its own it isn't Participation, someone who's superb at one thing but never shows up anywhere else in the community hasn't yet shown what Core is about.

Contribution

Given back in a real way. That can mean organising or co-organising an event, but it doesn't have to: welcoming and onboarding newcomers, setup and cleanup at sessions, bringing or lending equipment, helping with Spanish or Catalan venue communications, or taking photos for the community all count just as much. A title is never required, reliable help is.

Conduct

Treats people well and is someone the community trusts, with no unresolved conduct issues or active strikes. This is about more than avoiding strikes, Core members represent Keep Calm, so it also means keeping a mature, welcoming tone day to day. This is the bar that matters most, and the one that keeps applying after joining, see "Staying Core" below.

Organisers and admins reach Core a little sooner: taking on the role already proves most of the above, so time in role counts from 3 months rather than 6, and running sessions week to week already satisfies Participation and Contribution. Conduct is held to exactly the same standard either way.

HOW IT HAPPENS

Core is invite-only and confirmed by the organiser team, there's no form to fill in or button to press. In practice it's rarely a surprise, because Core members are already well known: the normal starting point is an existing Core member or organiser vouching for someone, and the organisers then confirm it against the four pillars above. If you think someone, including yourself, clearly fits but nobody's put their name forward yet, you can raise it with an organiser.

The best way to be considered is simply to keep showing up, across different Keep Calm activities rather than only your favourite one, and to keep helping out in the ways that come naturally to you.

STAYING CORE

Core doesn't expire on its own, but it isn't a badge you keep forever without showing up either. The ongoing ask, on top of the conduct standard above, is genuinely small: meet up in person at least once every 6 months. Any Keep Calm activity, any sport or social category, counts, it's the same Participation pillar you joined on, just checked on an ongoing basis instead of once. That's it, no quotas beyond this, no rota, no duties.

If six months passes with nothing recorded, you'll get a friendly, private heads-up around month 4 to 5, plenty of time to make it to something, never a surprise removal. If nothing follows after that, Core status quietly lapses: no drama, no announcement, no group post. It isn't a ban, turn up to something and let an organiser know you'd like back in, and if you're still a good fit, getting reinstated doesn't mean redoing the whole four-pillar process again.

LOSING CORE STATUS OVER CONDUCT

This is separate from the activity bar above, and it is never quiet. Serious or repeated conduct breaches can mean leaving Core. This is an organiser decision, handled privately, with the chance to be heard. Core is a position of trust, and the trust has to be kept, which is why Conduct is the pillar held most firmly, both to join and to stay.

WHAT YOU GET

- A calmer, smaller group of the community's familiar faces, people worth investing in who won't vanish next season
- Real friendships that carry on beyond individual events, plus Core meetups and socials
- A genuine say in where Keep Calm goes next, ideas raised in Core get heard
- First access to popular and limited events
- No fees, no obligations, and no catch, Keep Calm is non-commercial end to end

FAQ

Do I need to apply for Core? No. There's no form or application. Core members are invited once the organiser team confirms they fit the four pillars, usually because an existing Core member or organiser has already vouched for them.

What if I'm great at one sport but don't go to anything else? That's real Contribution, but on its own it isn't Participation. Core is cross-community by design, so genuine breadth across different Keep Calm activities matters just as much as how often you show up to your one favourite.

Do I need a title or a formal role to be considered? No. Reliable, everyday contribution counts just as much as organising, and a title is never required.

What happens if I go quiet for a while? Nothing dramatic. If six months passes with no recorded activity, you'll get a friendly private heads-up first, well before anything changes. Core status only quietly lapses if nothing follows that heads-up, and even then it isn't a ban, coming back in is as simple as turning up and letting an organiser know.

Can I leave Core? Yes, any time, no questions and no hard feelings. The friendships don't expire with the group membership.

LINKS

- [Community conduct](#)
- [Community policies](#)

Not there yet? Have a look around at keepcalm.fit and come find us on the sport or social side you're drawn to first, Core has a way of finding the people who keep showing up.